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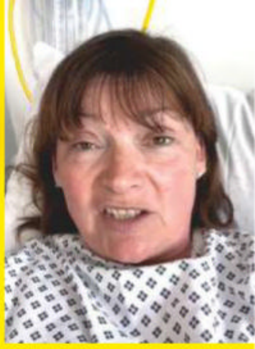

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Lorraine's SURGERY SHOCK

ALISON INTERVIEW
'How I REALLY lost 13.5st!'

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'IT'S SO EMOTIONAL'

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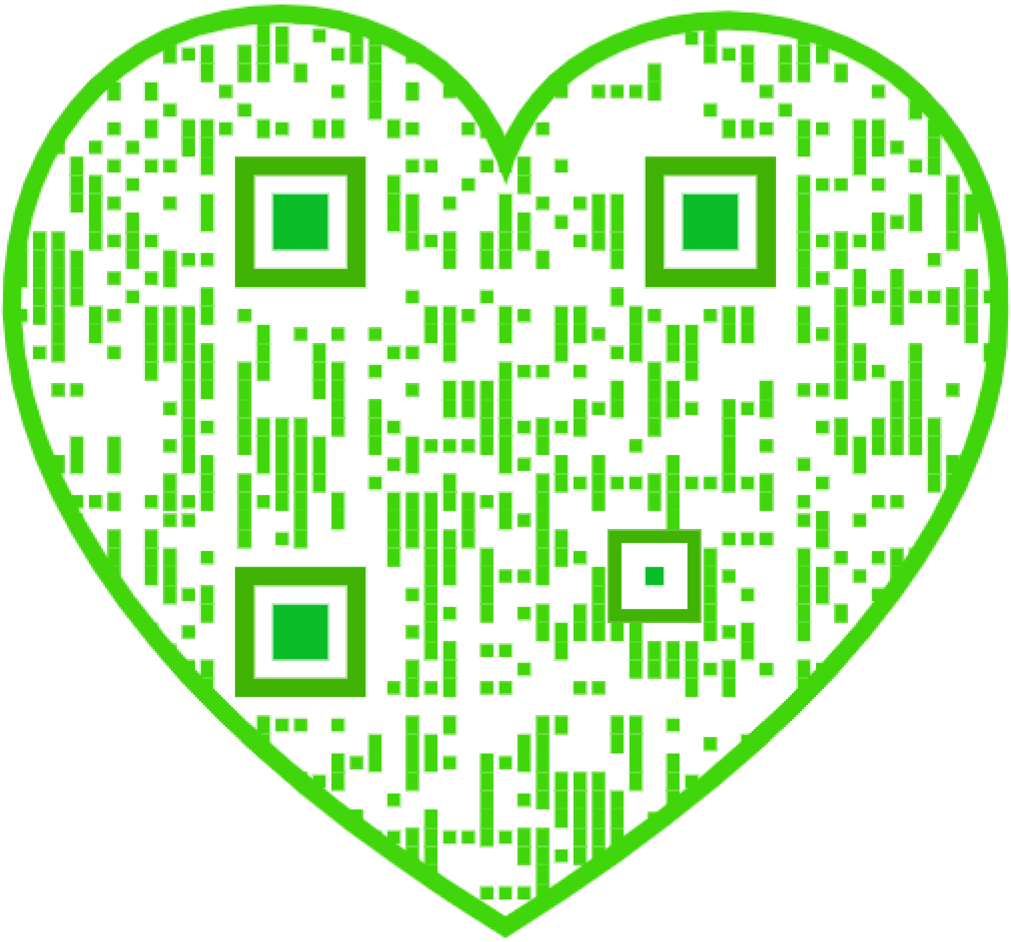

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I'd spent a childhood believing Mum had abandoned me. Then one day, Dad sat me down, and I learnt the shocking truth... By Helen Danso, 44
'I've missed you so much'
'Mum, is it really you?'

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Helen Danso grew up believing her mum had abandoned her, until her dad revealed he'd kidnapped her from their home in Ghana and brought her to the UK. After his death, Helen finally spoke to her mother, who'd spent years trying to find her. Sadly, her mum died before they could meet, but Helen forged an amazing connection with the family she'd been stolen from.

Helen used The Story People to share her family reunion story, and you can too.

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this week in bella

Clarkson's Farm returns

We're heading down to Diddly Squat again

Get ready for a trip back to Chipping Norton for the fourth series of *Clarkson's Farm*. The new season sees presenter Jeremy Clarkson and his trusty team – sidekick Kaleb Cooper, partner Lisa Hogan, farmer Gerald Cooper and farming pro Charlie Ireland – navigating new challenges on Diddly Squat farm.

With Kaleb on tour and Lisa busy expanding her empire and working on a new product line, the former *Top Gear* host is left to run the farm alone. In a bid to boost profits, Jezza, 65, decided to buy a pub, The Farmer's Dog, in Oxfordshire, but soon discovers that comes with its own obstacles.

Jeremy – who previously faced a setback in his attempts to open a Farm to Fork restaurant – spoke about his latest troubles, revealing that being a pub landlord is 'terribly stressful'. 'The customers are coming. There's no problem there. But turning their visits into a profit is nigh-on impossible,' he explained. He admitted how serving Hawkstone lager and Hawkstone cider from his own brewery is saving him from 'financial ruin'.

While Jeremy's business ventures are yet to turn a profit, the reality show has been a clear success, turning Jeremy's co-star Kaleb, 26, into a millionaire.

The new series of *Clarkson's Farm* launches on Amazon Prime Video on 23 May.

P26
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30
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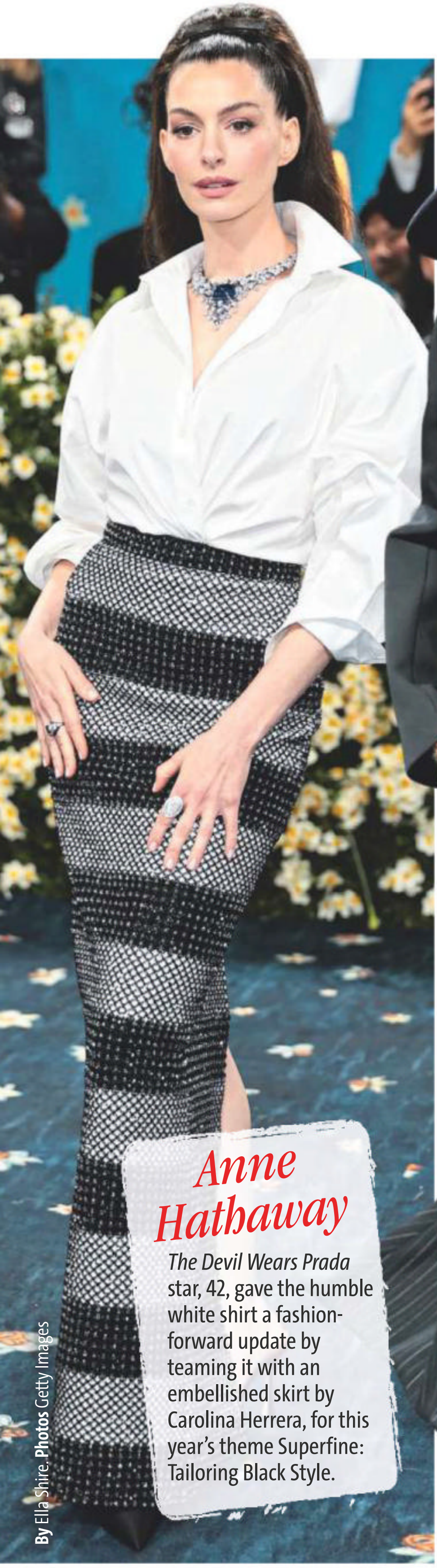
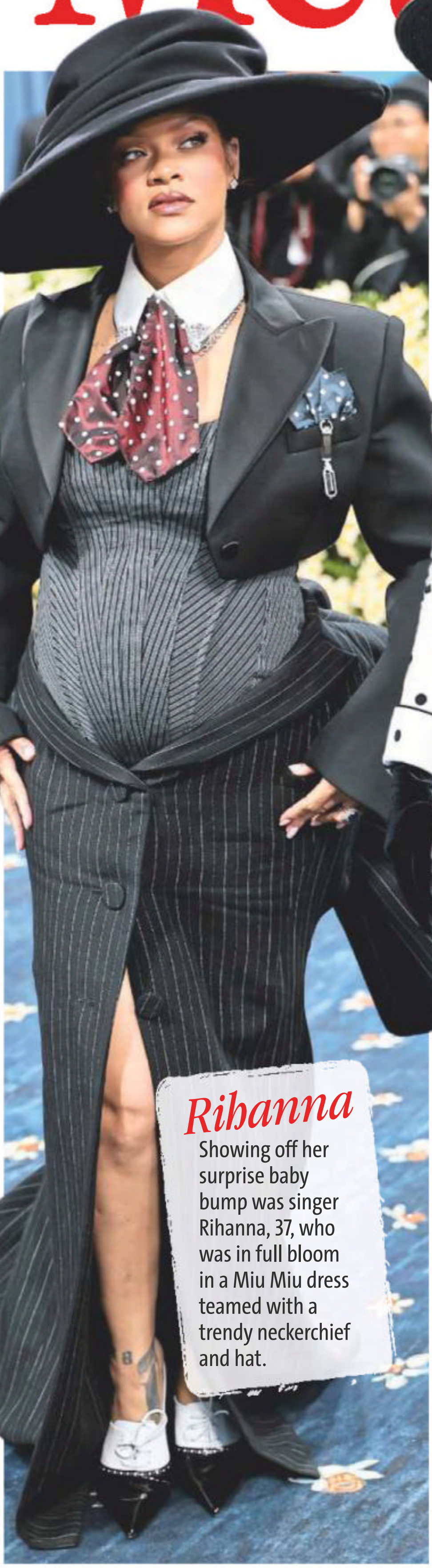
By Shereen Low. **Pictures:** Amazon Prime **Cover pictures:** Getty, Shutterstock, Instagram, Nicky Johnston

Met Gala



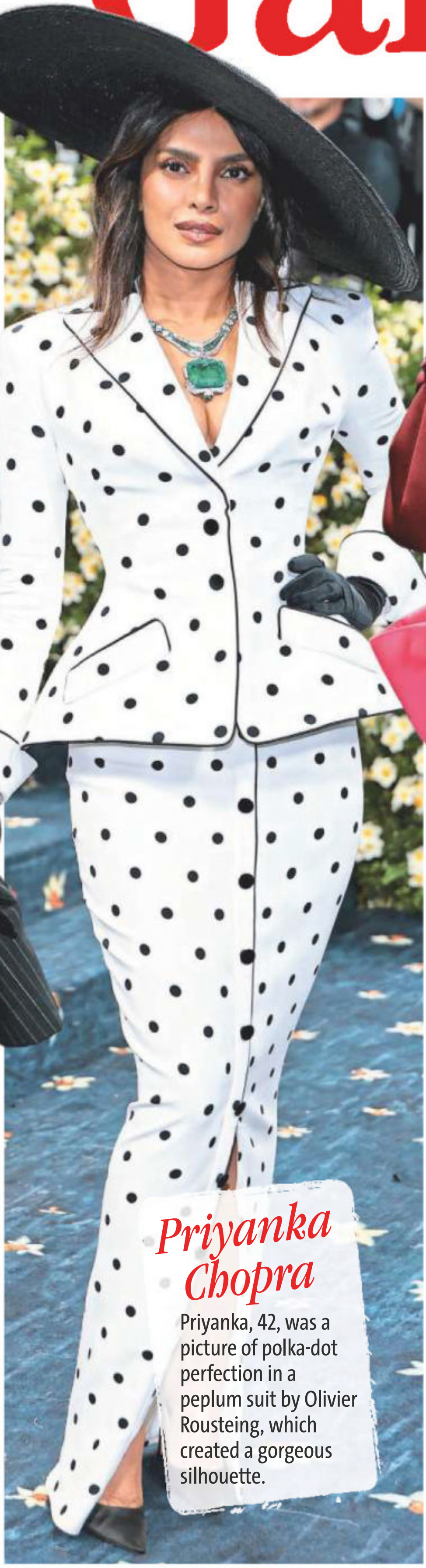
Anne Hathaway

The Devil Wears Prada star, 42, gave the humble white shirt a fashion-forward update by teaming it with an embellished skirt by Carolina Herrera, for this year's theme Superfine: Tailoring Black Style.



Rihanna

Showing off her surprise baby bump was singer Rihanna, 37, who was in full bloom in a Miu Miu dress teamed with a trendy neckerchief and hat.

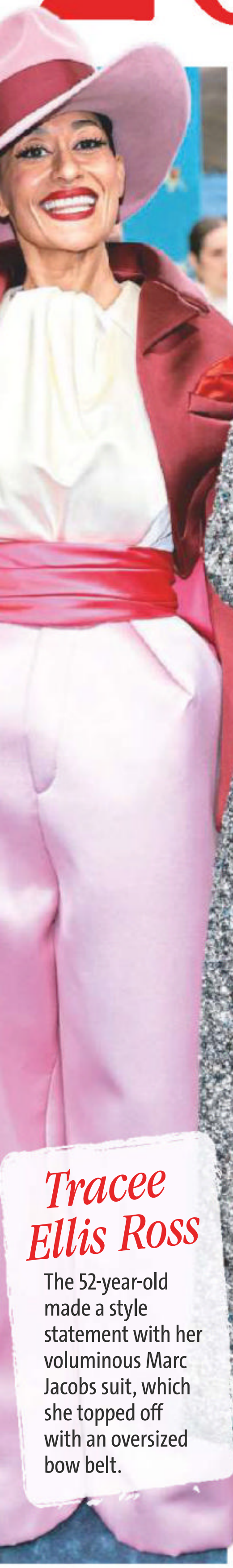


Priyanka Chopra

Priyanka, 42, was a picture of polka-dot perfection in a peplum suit by Olivier Rousteing, which created a gorgeous silhouette.

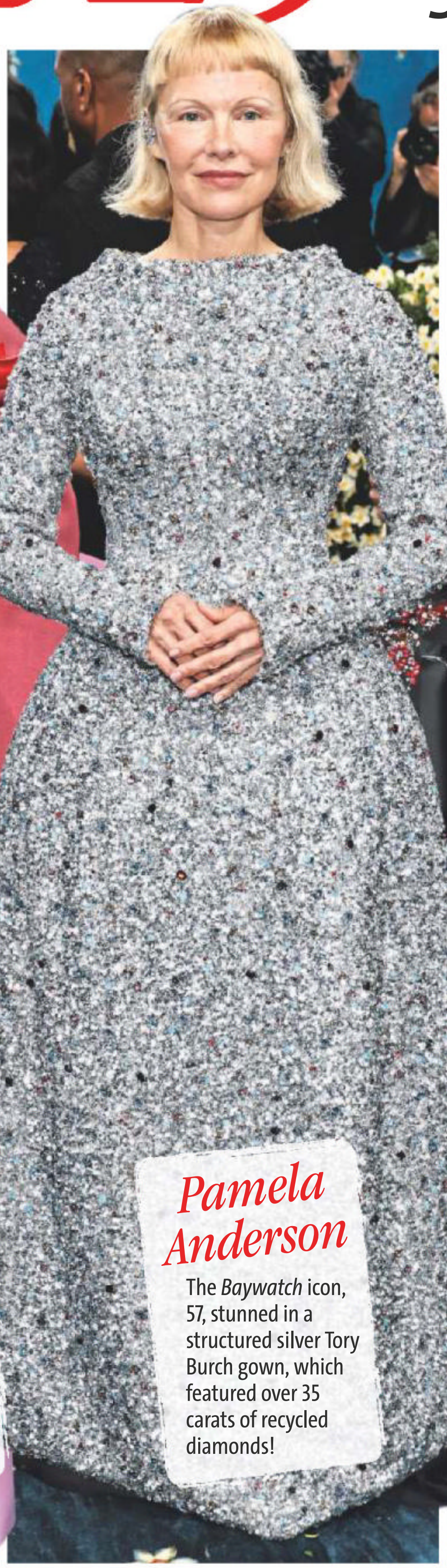
By Ella Shire. **Photos** Getty Images

2025 *Hats off to the biggest night in fashion*



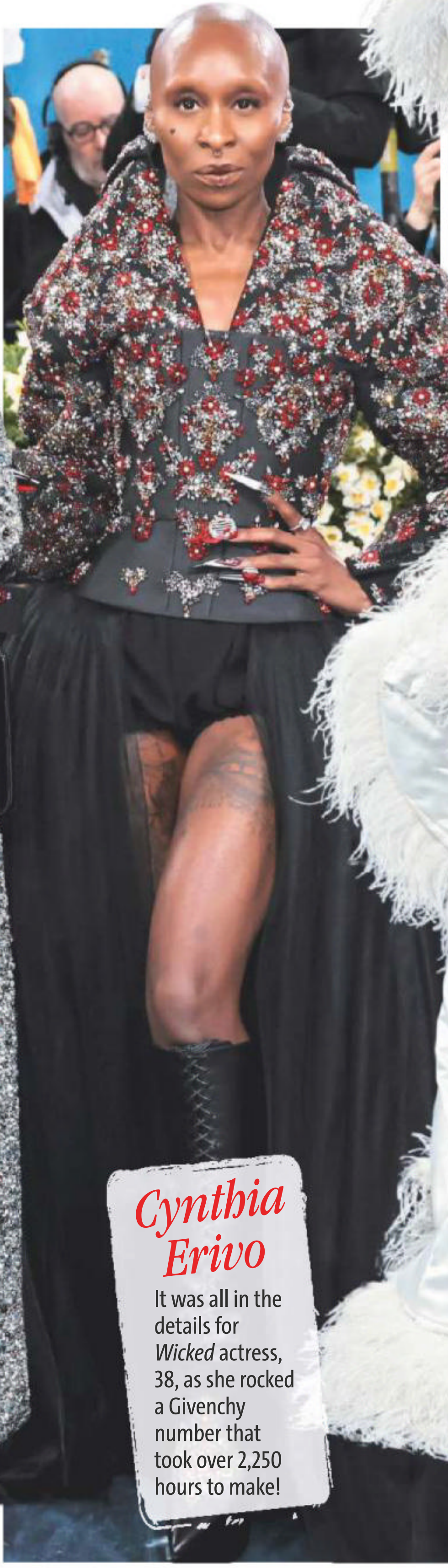
Tracee Ellis Ross

The 52-year-old made a style statement with her voluminous Marc Jacobs suit, which she topped off with an oversized bow belt.



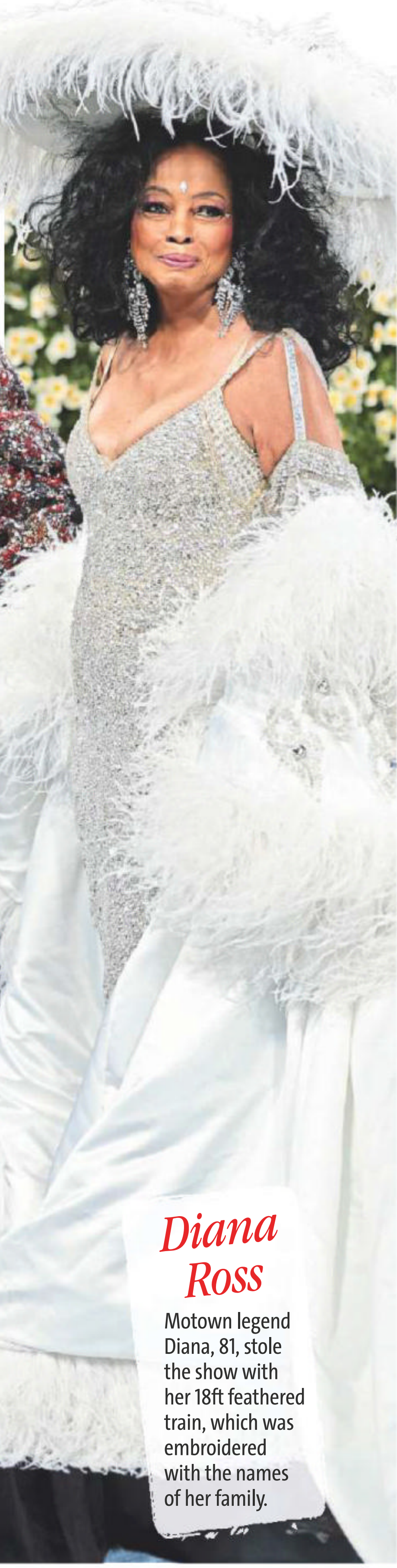
Pamela Anderson

The *Baywatch* icon, 57, stunned in a structured silver Tory Burch gown, which featured over 35 carats of recycled diamonds!



Cynthia Erivo

It was all in the details for *Wicked* actress, 38, as she rocked a Givenchy number that took over 2,250 hours to make!



Diana Ross

Motown legend Diana, 81, stole the show with her 18ft feathered train, which was embroidered with the names of her family.

Jen An's scary house raid

Jennifer Aniston experienced a terrifying incident at home, after a man drove through the gates of her $21 million Bel-Air property.

The man, thought to be in his 70s, was apprehended by Jennifer's security team, who reportedly held him at gunpoint as they waited for officers from the LA Police Department to arrive. Jennifer, 56, reportedly didn't come into contact with the suspect and law enforcement sources said she was not hurt. Fortunately, the intruder never made it into the house.

The *Friends* star bought the 8,500sq ft mansion in 2011, and it was the backdrop to her wedding to now ex-husband, Justin Theroux, in 2015. It boasts four bedrooms, six-and-a-half bathrooms, a wine cellar, pool and guesthouse.

An LAPD statement said, 'There was a security guard on the premises who was able to detain the suspect until officers arrived, at which time they took him into custody without incident. The resident was home at the time.' The suspect will be booked for felony damage.

LORRAINE'S SHOCK SURGERY

The TV presenter tells fans she is 'totally fine'

Lorraine Kelly has revealed that she has had keyhole surgery to remove her ovaries after a period of feeling unwell.

Sharing a candid video from her hospital bed, she said, 'Just wanted to let you know I'm having a wee procedure today. I've not been feeling all that well for a little while, so I had some scans and tests, and I have to have my ovaries and my tubes taken out.'

Reassuring her fans, Lorraine, 65, said, 'It's purely preventative. It's going to be keyhole surgery, which is incredible. I'm being very well looked after, and I'll obviously see you really soon, and I'm gonna be totally fine.' She captioned the video, thanking the hospital staff and saying, 'Feel very lucky to be treated so well. Thank you Dr Raafat and all the staff!'

The surgery seemed to have gone well, as Lorraine updated her Instagram just two days later with a photo of her smiling in a wheelchair, surrounded by hospital staff. She said, 'Huge thanks to these kind, caring, gorgeous professionals who took care of me at Heatherwood Hospital. Back home now and following doctors orders to rest up. My surgeon Mr Ahmed Rafaat has been so reassuring and I can't thank the whole team enough!'

Plenty of Lorraine's showbiz friends sent their best wishes on the post – including *Strictly* dancer Amy Dowden, who said, 'Sending lots of love', and Vanessa Feltz, who commented, 'Enjoy a bit of convalescence with your beautiful girls.' We're wishing Lorraine a speedy recovery!

THE BECKHAM BOYS' FALLOUT

David Beckham marked his big 50th birthday with not one, but three celebrations.

However, it has been overshadowed by the notable absence of his eldest son, Brooklyn Beckham, and Brooklyn's wife, Nicola Peltz.

David had a dinner in Notting Hill, flew to Paris for the day with his family, and threw a huge party at their Cotswolds home. But while photos from the celebrations were shared, Brooklyn, 26, and Nicola, 30, were not seen.

Brooklyn also didn't post about his dad's birthday on Instagram, while his brother Romeo, 22, and mum Victoria, 50, did. It was rumoured that Nicola doesn't like Romeo's girlfriend Kim Turnbull because she was once rumoured to have dated Brooklyn. However, youngest brother Cruz said in an Instagram comment that the pair had never been together.

Sources close to the Beckham family have reportedly accused Nicola of creating 'drama' and keeping Brooklyn away from family events. Fans have also commented on the situation, with one asking on Nicola's Instagram, 'Why don't you like your in-laws? Don't you go to any of their events?', and another saying, 'Don't put a wedge between your husband and his father.' The mystery continues!

By Amy Lo. Photos: Getty, Shutterstock, Instagram/@lorrainekellysmith, @nicolaannepeltzbeckham, @victoriabeckham, @lilyallen, @eamonnholmes

Stacey's TV regret

While fans have been enjoying Stacey Solomon and Joe Swash's recent BBC reality TV series, *Stacey & Joe*, Stacey, 35, reportedly wishes she hadn't done it, as rumours swirl about the state of their relationship and claims that she's 'bossy'.

A source said, 'Stacey is regretting signing up to do the show. She's not used to the backlash they are getting, as everything she touches normally turns to gold.'

The show shares candid moments of home life at Pickle Cottage, where Stacey and Joe, 42, live and raise their children – Rex, five, Rose, three, and Belle, two, as well as Zachary, 17, and Leighton, 12, from previous relationships.

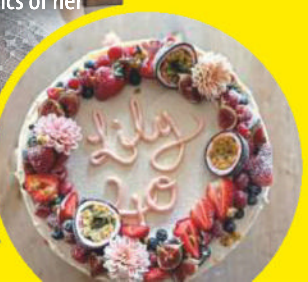
WEEK IN PICS

Eamonn's hospital stint

Eamonn Holmes, 65, shared a selfie from a hospital bed after he fell in his bathroom. 'Not how I wanted to be spending the [Bank] Holiday weekend... but life's not easy these days,' he said. Eamonn is largely in a wheelchair after surgery for three slipped discs and a double hip replacement.

Lily's 'tricky' 40th

Lily Allen turned 40 on 2 May. The star shared selfies in a cheeky, sheer top and pics of her birthday cake covered in fruit. She thanked her friends and family 'who showed up for me and made my birthday a special one under tricky circumstances' – potentially referring to her split from husband David Harbour.



Family affair

Beyoncé, 43, is on her Cowboy Carter world tour, and gave fans in Inglewood, California a treat. The singer brought her daughters Blue Ivy, 13, and Rumi, seven, on stage along with her mum, Tina Knowles, 71.

Royals rally around the King AFTER HARRY'S OUTBURST

Why the 'emotional' family may never be able to make up with Prince Harry after new interview

The rift between the King and Prince Harry is growing bigger

Following Prince Harry's latest TV outburst about the royals, the rest of the Windsor clan have rallied around King Charles and put on a united front. The King, 76, along with Queen Camilla, 77, Prince William, 42, Princess Kate, 43, and their children – George, 11, Charlotte, 10, and Louis, seven – stood together proudly on the Buckingham Palace balcony as part of the four-day commemoration of VE Day just two days after Harry's bombshell BBC interview, in a move that will no doubt hit home to the prince how separate he is from them.

Harry would love to reconcile

The family enjoyed watching veterans and members of the military walk past in a parade at Buckingham Palace, with Louis stealing attention with fun-filled antics including copying a hair flick by his older brother George and removing fluff from his dad's shoulder. Kate and Charlotte commented on how good Wills looked in his uniform. It was a strong image for the future of the royal family – and one without Harry.

It was such an emotional day for the family, who insiders believe were reflecting on their own recent health battles, as well as the sentiment of the day – all with the latest verbal attack from Harry still fresh in their minds.

Royal expert Phil Dampier said, 'It was a very, very poignant moment. [Princess Elizabeth] stood on that balcony with Winston Churchill at the end of the war to celebrate VE Day, and I think Charles would have been thinking about that.'

'It was a poignant moment'

He continued, 'You could see that the King was quite emotional. Kate also looked quite emotional. They will have been thinking about their own personal battles with cancer, but really today was all about the veterans, and it was all about thanking them for their service and thanking people who remembered the events of 80 years ago.'

It wasn't a coincidence that Prince Harry – who is himself a veteran of two tours of Afghanistan with a decade of military service under his belt – was noticeably absent from the VE day celebrations days after his latest betrayal.

And this time, there are fears family might *never* forgive him – something Harry admits himself.

The Duke of Sussex gave a 30-minute bombshell interview with the BBC following the Court of Appeal's ruling against his long-running security dispute. He has been campaigning for better security for himself, wife Meghan Markle, and their children when they visit the UK given the racial abuse she has suffered in the past. But he also took the opportunity to slam his father, saying, 'I don't know how much longer my father has. He won't speak to me because of this security stuff.'

Kate and Wills are supporting the King and Queen

The past year has been a time filled with health concerns and stress for King Charles – who is undergoing treatment for his cancer after his diagnosis was revealed in February last year.

In the latest shock TV interview, Harry described the Court of Appeal's ruling as 'a good old-fashioned establishment stitch-up', leaving him and his family vulnerable. Due to losing his security protection, Harry admitted, 'I can't see a world in which I would be bringing my wife and children back to the UK at this point.' He added that were they to return to visit the Windsors, they'd be at risk from 'institutions that preyed upon my mother… and that continue to incite hatred towards me, my wife and even our children'.

He lamented that as a result, his family won't see his children grow up, saying, 'The things they're going to miss… well, everything.'

While it's been a difficult time for all the royals, Charles's daughter-in-law Kate has been his rock, and the pair's bond has been strengthened in the aftermath of the princess's own recent cancer treatment. Since her recovery, Kate has not only stepped up her royal duties and public appearances, but also her firm relationship with the King – support he desperately needs during this ongoing feud with Harry.

'I miss the United Kingdom'

Despite the scathing interview, the Duke of Sussex remains steadfast that he would love to put the past in the past and reunite with his family – and maybe even return to the UK eventually.

He admitted, 'Of course, some members of my family will never forgive me for writing a book. Of course, they will never forgive lots of things. But I would love a reconciliation with my family.'

Harry added, 'I love my country; I always have done. I think that's really quite sad, that I won't be able to show my children my homeland. I miss the UK.'

It's been two years since Archie, six, and Lilibet, three, have been in the UK – with Lilibet having never even met her grandfather. 'King Charles must be feeling so emotional as his two grandchildren are growing up so fast,' said one commentator. 'I think Charles should rebuild his bond with the Sussex family.'

A source close to Charles said, 'It's not that the King won't speak to him – it's that he can't. How can you have a private and delicate conversation when you know it is going to end up on a news special within hours? It's very tragic.'

Meghan and Harry are back in hot water

By Sarah O'Byrne, **Pictures** Alamy, Getty, CBS/Planet Photos

Exclusive

Alison: 'How I lost 13.5 stone'

After turning 50 in February, Alison Hammond looks better than ever. The TV regular has been showcasing her slimmed-down figure in recent months – and now, she exclusively opens up to *Bella* about her jaw-dropping transformation.

Confirming the details of her weight loss for the first time, Alison tells us, 'I've lost a lot of weight. I can remember being nearly 30st, and now I'm in the 17/16st 7lbs range.' Discussing her fitness regime, she continues, 'I've got a personal trainer – she's amazing. She trains me when I can train. If I'm working, I don't train. I'll go for a walk. But when I'm at home, I'll go and have a session with her in the morning, just an hour. It might be four days a week.' And, when it comes to her diet, she explains, 'I don't deny myself anything. I eat everything, but in moderation.'

Unsurprisingly, Alison has been inundated with compliments. 'It's the weirdest thing, going out in the street and people coming up to me when they've never met me before and saying, "You look amazing!"' she says.

Co-hosting *This Morning* with Dermot O'Leary

Being in the public eye comes with its challenges, but Alison insists she doesn't let negative comments get to her. 'I don't see it as negative. It's just fearful for people if you're entering a realm that they don't necessarily like. I don't mind. Everyone's allowed to have an opinion,' she says. 'If you have your opinions about me, it's really not my business. Even if there's a comment online, that's what they wanted to write, so knock yourself out. It doesn't touch me, it can't. If I let those things affect me, I probably wouldn't be sitting here.'

With boyfriend David and her son Aidan

Alison has been open about her struggles with her weight in the past. In 2007, she had a gastric band fitted, but had it removed three years later after her body rejected it. And in 2017, she appeared on TV show *Sugar Free Farm*, which followed famous faces as they embraced gruelling days of farm work and a sugar-free diet. After losing 2st on the programme, Alison said, 'I did have a lot of headaches and felt dizzy – it was like I was having a hangover, not that I drink. I would even say it was like coming off drugs, and I don't do those either.'

> 'I'd never say no to marriage'

When it comes to giving advice to others, Alison says, 'It's dangerous when you give advice, because it's always different for every single person. I'm the last person who could give anybody advice. If anyone is struggling, go and speak to a doctor or someone who knows about diet. I'm honestly the last person to get advice from, because I've struggled all my life. And I still struggle.'

Despite this, she tells us she's feeling 'amazing', adding, 'I feel happy within myself.' And she admits that she isn't fazed by hitting the big 5-0. 'It's no different to the last decade – it's exactly the same,' she continues. 'It just feels like I've been waiting in the queue at the Post Office a little bit longer than someone younger than me. There's no difference in the queue, everything is exactly the same and you still see the same scenery, it's just that I've been there longer.'

And there's no doubt that the man in her life – boyfriend David Putman, a 27-year-old Russian masseur and model she met in 2023 after booking a massage therapy session – is a big part of her happiness. 'I don't like to go into detail about him because it's my private life, and I want to respect his life as well. But you know I'm loved-up. Everyone knows!' she smiles, adding that he's very supportive of her career.

Could marriage be on the cards? 'I'd never say no,' Alison – who is mum to son Aidan, 20, with ex Noureddine Boufaied – admits, before teasing that she 'doesn't know' if it'd be the lavish A-list affair we'd expect. When asked if she'd prefer it to be more intimate, she laughs, 'You keep guessing!'

Alison's career is also going from strength to strength. The star – who shot to fame on *Big Brother* in 2002 – hosts *This Morning* alongside Dermot O'Leary every Friday, *The Great British Bake Off* and *For the Love of Dogs*. And this week, she's back on our screens with her brand-new show, *Alison Hammond's Big Weekend*, where she spends 48 hours with some of the UK's biggest celebrities, including Sir Lenny Henry, Perrie Edwards, Jimmy Carr, Mel B, Luke Evans and Tony Bellew.

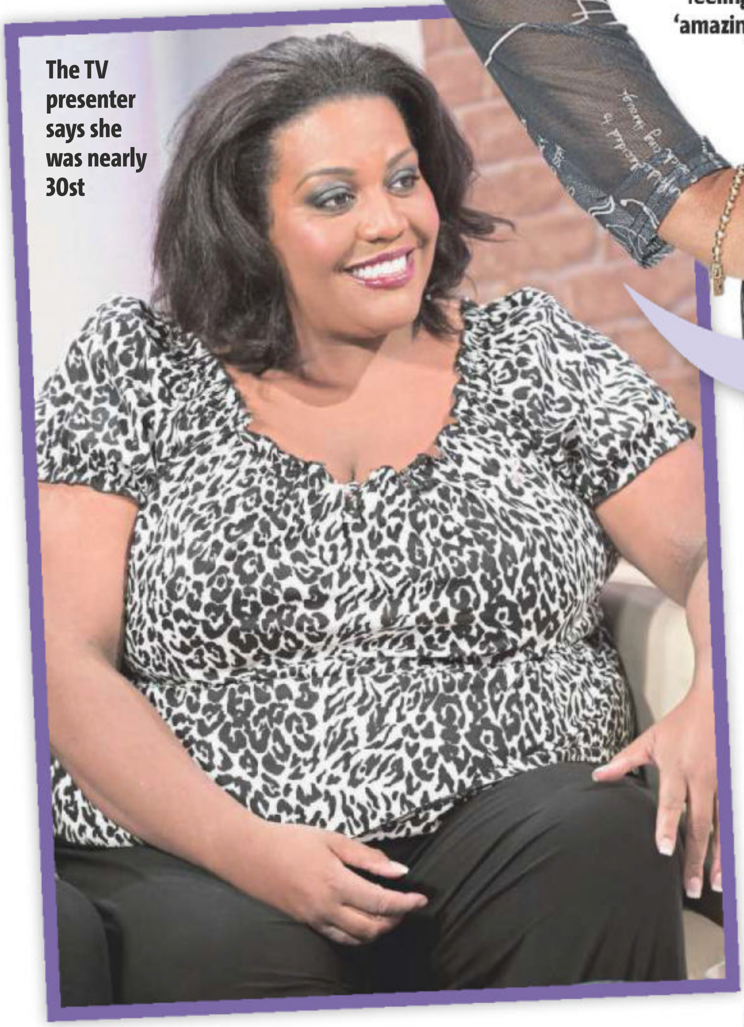
'I get up close and personal, and no stone is unturned,' she explains. 'You really get to see a different side to all of the stars. You get to see stuff that you would never see, like them arguing with their mum or bantering with their kids or partner.'

REALLY

The TV star opens up for the first time about her incredible figure

Is there anything else she'd love to do? 'Just to be happy and keep doing things that make me happy. Spending time with friends and family and enjoying life,' she says. 'If anything comes in, and it doesn't fill me with joy, it's a no. It's a polite no, but a no nevertheless.'

● *Alison Hammond's Big Weekend starts Friday 16 May at 8.30pm on BBC1*



The TV presenter says she was nearly 30st

Alison is feeling 'amazing'

By Georgia Trevitt. **Photos:** Imago, Shutterstock

Exclusive

Shane: 'Coleen & I are still good friends'

As he prepares to head back on tour, Shane Richie opens up on his relationships with ex Coleen Nolan and *EastEnders* partner Jessie Wallace

Shane and Coleen were married for nine years

Not many people are on speaking terms with their ex – especially after a public divorce. But that is not the case for Shane Richie, 61, and his ex Coleen Nolan, 60, who divorced in 1999 after nine years of marriage.

From their relationship, the former pair share sons Shane Jr, 36, and Jake, 32, with each of their sons now welcoming children of their own children. And Shane – who is also dad to son Mackenzie-Blue, 19, and daughters Lolita-Belle, 16, and Romani-Skye, 14, with second wife Christie Goddard – says it's their evolving family that has kept them close. Here, the soap icon – who has played Alfie Moon in *EastEnders* on and off since 2002 – tells us about their relationship, his close friendship with on-screen wife Jessie Wallace and why he can't imagine himself walking away from *EastEnders* again…

With son Shane Jr

Alfie Moon is such an iconic character. He is a cheeky-chappy and happy-go-lucky guy. Is that how you are in real life too?

No, I'm very happy, but lucky – no. Alfie came along at the right time about 23 years ago, and there were a lot of alpha males in the show, and I was really fortunate that the bloke who created Alfie offered me the part. When I turned up 23 years ago to record it, it was all about timing. I was much younger then – I could jump over the bar and do all of that.

'I'm really happy there'

Do you think you'll ever leave *EastEnders*?

No, not at the moment. I'm really happy there, and I don't want to go anywhere else.

You also starred in a spin-off, *Red Water*, with Jessie Wallace (Kat Slater). Will there be a follow-up?

I loved it. It was filmed in Dublin, and we stayed in Dún Laoghaire, and we did a road trip – we'd such a great time. I don't think there'd be a follow-up now, it was seven or eight years ago.

Your parents are Irish, right?

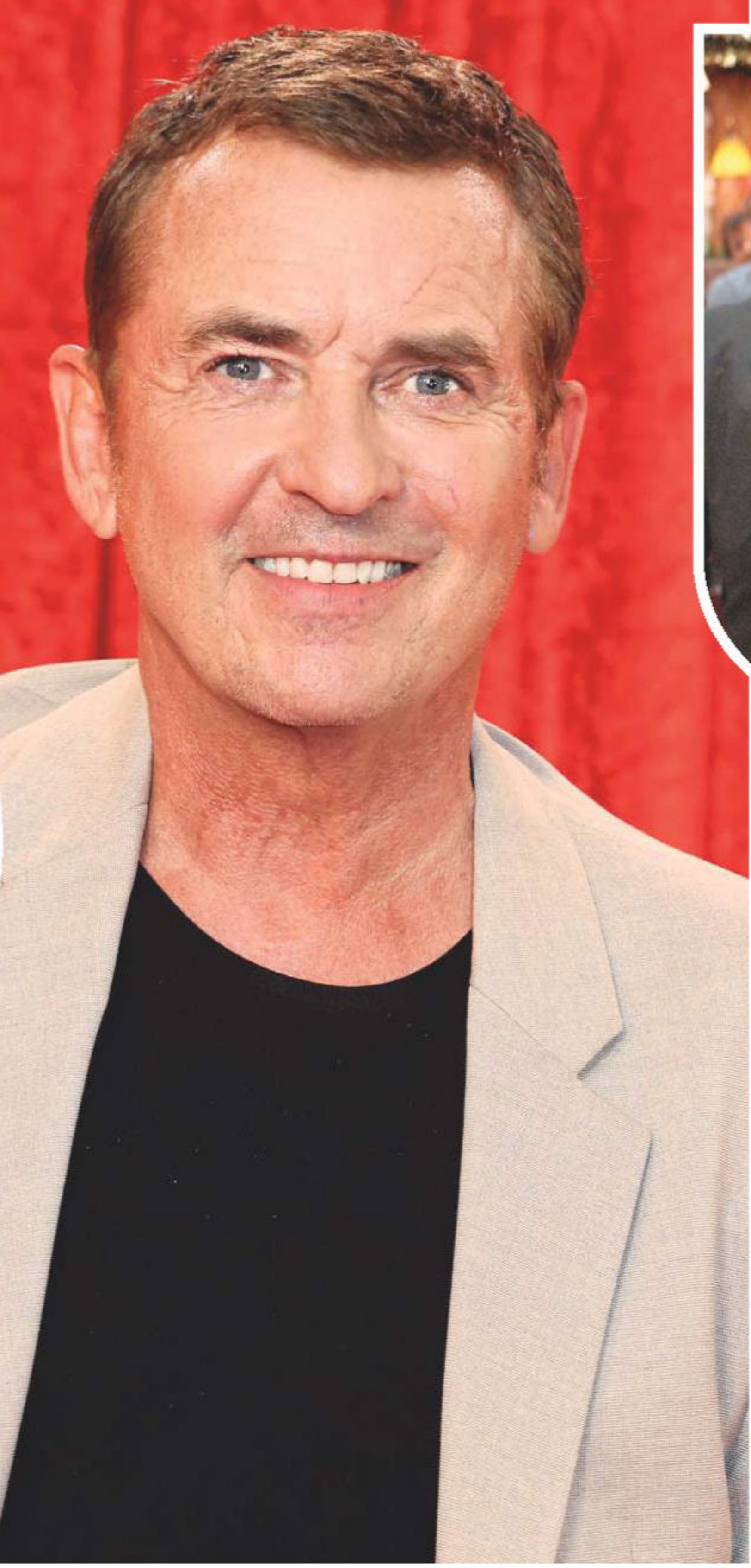
Yes, my name is actually Shaun Patrick Roche.

Do you keep in touch with your Irish connections?

Oh God, yes, all the time. Even on Mother's Day cousins from Dublin had come over – all my family is in Dublin.

Do you go back there often?

When someone dies, or someone gets married, but obviously I've



been over there loads of times to see my family. However, I've not been there for a while. I know one of my sons, Mackenzie, wants to go over and check out his Irish roots so I said I'd do it for him.

Why don't you do BBC's *Who Do You Think You Are?*

Oh God, I wouldn't do that. Can you imagine? God knows what they'd find!

What is the secret to yours and Jessie's relationship?

We have a relationship off-screen, and I think we've known each other for 24 years now. Before I got here today, we were doing a scene in bed together, and we just laughed. She's one of my best mates.

Do you watch your ex-wife Coleen Nolan on *Loose Women*?

With on-screen wife Jessie Wallace

I only watch *Loose Women* to see what I'm up to, and you can quote me on that.

Coleen speaks very highly of you on the show... What is the secret to your co-parenting relationship?

We met when she was 21 and I was 22, and we were mates, we just grew up together, and we still are good friends. We've got two great kids together and now we're both grandparents.

> 'She's one of my best mates'

Has becoming a grandad given you a different outlook on life?

No, I don't think so.

Has it made you softer as it's a different era in your life?

No, I really don't think about it that way. Maybe when they're a little bit older, but at the moment they're babies. I'm struggling to remember the names of my own kids, never mind all the grandkids!

So, you're not helping out with the night feeds then?

Not yet, but I know it's only a matter of time!

On tour with his pals

Would you like to do more theatre work?

Not at the moment. I'm happy just doing *EastEnders*, and I've got the Prat Pack tour coming up with Bradley Walsh, Brian Conley and Joe Pasquale, so I'm looking forward to that.

How do you find working with the guys? Do you all get on with each other?

Yes, we've all been mates for over 30 years, right from the '80s, and we did shows together. Bradley decided he wanted to get out on the road, and he sort of brought us all together. We did a show at the London Palladium last year, just a one-off and it sold out and, on the strength of that he wanted to go on tour.

● *Shane attended Midnight Cowboy at Southwark Playhouse Elephant*

By Julie Ann Trainor, **Pictures** Shutterstock, Getty, Instagram, BBC

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Meghan's secret health struggles

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BREAKING NEWS

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- The latest twist in Prince Harry's ongoing family rifts
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bella debate

A woman online caused outrage when she said her boyfriend should work harder so he could buy her a big ring. *So we ask…*

Should you demand an expensive engagement ring?

No

‘It seems bonkers to me’

Ellen Manning, 42, journalist

Once upon a time, being proposed to was about the romance and joy of someone asking you to spend the rest of your life with them. How sad that these days it's reduced to the price tag on a ring.

The idea that the cost of a ring is somehow relevant to the significance of someone's love seems to me to be bonkers, and pretty shallow. When my husband proposed it was a huge surprise – something he'd planned for months. He'd saved up and found me the perfect ring that not only fitted his budget on a firefighter's salary, but that would suit me.

On the day he asked me, the ring itself was part of something far bigger – the prospect of spending the rest of our lives together. The thought that I might have demanded a certain ring, or chosen my own, seems to remove all the magic.

The crazy concept that you should ‘demand’ a certain ring, then expect someone else to fork out for it seems bonkers to me, especially if it means starting married life in tonnes of debt. Not to mention the fact it's 2025, if you want an expensive ring, go and buy yourself one.

The materialism that surrounds weddings these days really does leave me flabbergasted. It's bad enough that we stopped focusing less on marriage and more on a single day, but to reduce that even further to a ring as the be-all-and-end-all really seems quite sad.

Yes

‘This was a symbol of our future’

Mel Fallowfield, 52, journalist

When Brian proposed while we were on holiday in Normandy, 20 years ago, it was perfect. He'd chosen the same place we'd had our first holiday together and the same restaurant we'd been in when we agreed to live together. It was incredibly romantic and I was thrilled that he knew me well enough not to have bought a surprise ring.

I wanted a part in choosing the ring – not least because I wanted it to be expensive. Not more than he could afford, but probably more than he'd have spent of his own volition. I eventually settled on a gold ring with a solitaire diamond from Tiffany & Co which would retail for over £15,000 these days, but was cheaper back then.

It's not about the money – after all I'm never going to sell it – but I felt very strongly that this was a symbol of our future. If he'd bought me a ring for £50 that is essentially disposable, then I'd have felt that our commitment to each other wasn't worth much. It's about setting expectations that I won't be fobbed off.

I don't wear it every day. But when I slide it onto my finger, I remember the way he wanted to please me with the perfect ring and I feel happy all over again.

SHARE YOUR VIEW **…with Bella** online at **bellamagazine.co.uk** or on **facebook.com/bellamagazineUK**

By Paula Costas, **Pictures** Shutterstock

‘My daughters were killed because of the COLOUR OF THEIR SKI

On the 6 June 2020, two sisters were celebrating in a park when they were senselessly killed by a stranger. After an incredulous delay in police response, one of the victim’s boyfriends found the bodies. Now, almost five years later, Bibaa and Nicole’s friends and family tell their story…

Mum Mina

On 6 June 2020, sisters Bibaa Henry and Nicole Smallman, 27, celebrated Bibaa’s 46th birthday with loved ones in a local park. But what began as a picnic, watching the sunset followed by dancing in the moonlight, ended in tragedy when both women were stabbed to death by a stranger. Danyal Hussein, 19, brutally murdered the two sisters at Fryent Country Park in Wembley, London because he believed it would enable him to win the lottery. Their bodies weren’t discovered for two days.

During the time the women were thought to be missing, the shockingly unconcerned response from the police forced the panicked family and friends of Bibaa and Nicole to conduct their own search party. Their bodies were found by Nicole’s boyfriend, Adam Stone. As the harrowing reality of their brutal deaths sank in, it emerged that two of the police officers had taken and shared photos of the dead bodies in an extremely racist and misogynistic WhatsApp group of 40 police officers.

Now, in a moving three-part documentary *Bibaa & Nicole: Murder in the Park,* family and close friends give their emotional testimonies. The victims’ mother, Mina Smallman, says, ‘What I want people to see here is that they didn’t take the death of two people of colour seriously. I may just be a ripple, but there has been a tsunami of people demanding that all women should be protected in this society.’

Bibaa Henry, a social worker who was about to become a grandmother, was Mina’s first child. ‘Bibaa was a spitfire,’ Mina recalls fondly. ‘And Nicole, who we called Nikki, was very gentle and open just like her dad, Chris. Bibaa and Monique, my other daughter, were 18 and 19 when Nikki arrived. She was like the magnet that held us all together. I taught my girls how to party – and each birthday was special.’

‘The police never got back to me’

For Bibaa’s birthday on that tragic day, in between the two lockdowns when outdoor social gatherings were allowed, Bibaa gathered her close friends together for a picnic in the park on top of the hill to celebrate. ‘She phoned me the day before,’ Mina recalls. ‘She was really excited as she hadn’t seen Nikki in about two months.’

The picnic was a wonderful evening full of laughing, joking and dancing, followed by a magnificent sunset. Nina, Bibaa’s best friend recalls leaving at around midnight. She says, ‘As I was walking down the hill, I saw them dancing with the fairy lights wrapped around their bodies. I remember smiling.’

Around 1am, Adam texted Nicole to see how she was and she replied: *‘I’m dancing in a field, home soon.’* It was the last text she ever sent.

The next morning, nobody had heard from Nicole or Bibaa. Towards the afternoon, family and friends began to get worried and called the police. But after several calls and despite promises from the police that they’d send someone over, no officers showed up. ‘I called the police thinking if a mother filed the missing persons, they’d take it seriously,’ Mina says. ‘But nobody ever got back to me.’

On Sunday 8 June, 30 hours after the girls had been reported missing, the police finally broke into Bibaa’s flat. They were not inside, but still the police didn’t further their search. Family and friends then set up their own search party. At the park, friends found Bibaa’s sunglasses in the grass.

‘I was physically shaking,’ Nina says. They handed the sunglasses in at a local police station, yet still nothing was done. Then a knife was found in the grass and there was a guttural scream – Adam had found the bodies of his beloved girlfriend and her sister in the bushes.

‘Adam called me and said, “We’ve found them, but they’ve gone”,’ Mina says. ‘I just screamed and fell to my knees. Then I had to call

N’

The last photo of Bibaa and Nicole

Chris, who was driving to the park. When you lose your children like that, you have a rush of memories flash before you. Adam will never be the same again. He should never have had to find the girls.’

When the police finally cordoned off the area, investigators decided that due to the heavy rain they needed to pause their work and resume in the morning, and two officers were sent to guard the area overnight. On 19 June 2020, in the midst of their grief, the horrific discovery came to light that two police officers had taken photos of Bibaa and Nicole’s bodies. One had superimposed himself into the photo and shared them to a WhatsApp chat that included 40 other officers. He’d included racist and misogynistic commentary in the messages. They were arrested three days later.

‘I was so incensed with rage,’ Mina says. ‘We had been failed over and over again by the police. Anything that was holding me together just fell away. It was an infringement of the dignity of my girls.’

It wasn’t until 1 July, after three weeks of relentless searching, that 18-year-old Danyal Hussein was arrested for the killings. He had bought a knife from Asda using his own passport as ID, and stabbed Bibaa eight times and Nicole 28 times. The police found a lot of unnerving material in his bedroom, including mysterious spells and symbols, and several lottery tickets. Notes detailed a disturbing ‘pact’ with a ‘demon’ named Lucifuge Rofocale. It was signed in Danyal’s blood and said he would kill six women every six months in exchange for winning the Mega Millions Jackpot. He had spent more than £160 on lottery tickets, all without success.

In court, it was heard how Danyal Hussein had been active in far-right white supremacist groups online and engaged in satanic cult material on the dark web for years. Aged 15, he was referred to a de-radicalisation scheme because of extremist content he had accessed on school computers, but was later dismissed. Maria Green, detective inspector on the case, noted that the attack was ‘racially motivated’ saying, ‘It was no coincidence that Bibaa and Nicole were black.’ Mina says, ‘He had been groomed and radicalised by the dark web. These sad young men are being fed this toxic masculinity, they are being brainwashed. My girls died for that nonsense, for his delusion.’

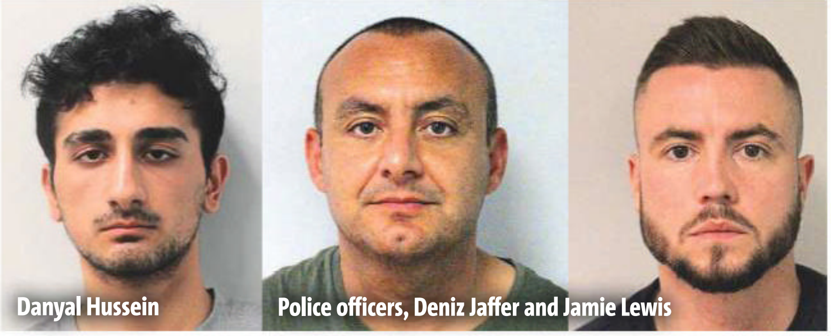
‘He made a pact with a demon’

He pleaded not guilty, but on 28 October 2021, Danyal Hussein was jailed for life with a minimum of 35 years. Days before, an IOPC report was published, which stated that the way the missing persons case was handled was ‘unacceptable’, but denied that it was anything to do with race or discrimination.’

However, PC Deniz Jaffer and PC Jamie Lewis were found guilty of misconduct in a public office and sentenced to two years nine months in prison. Mina says, ‘Our biggest fear is that one day we are going to be confronted with the photos. I believe more people are good than evil, but there are young men who are being moulded and radicalised to do terrible things to women. I still cry a lot, but I know that if the tears ever stop it’s time for me to give up.’

● *Bibaa & Nicole: Murder in the Park will be available to watch on Sky Documentaries from 11 May*

By Lena Blacker. **Pictures:** Shutterstock, Sky, Alamy



Danyal Hussein

Police officers, Deniz Jaffer and Jamie Lewis

'How I lost 9st in a year – without going hungry!'

Nikita Maguire, 37, always joked about being the bigger friend, but one day she decided enough was enough…

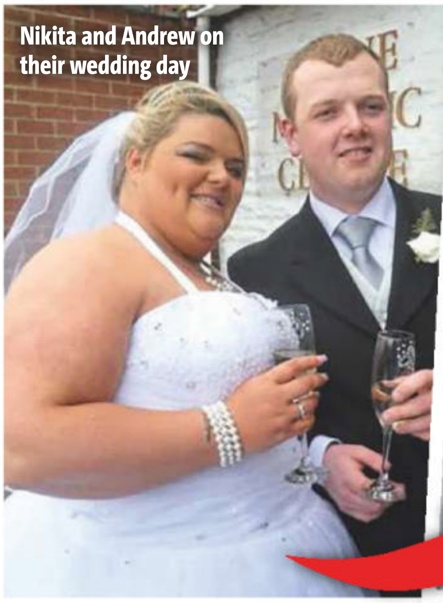
BEFORE
18st 6lb
Size 22-24

Cringing at the snapshot on my phone, I tried to make light of it. 'There I am again – Nikita No-Neck!' I joked. It was New Year's Day 2024 and, leaning over my shoulder to look at the pic, my sister-in-law Sheree tried to tell me it wasn't that bad. But I knew she was just being kind. At 18st 6lb and just 5ft 3ins tall, my round face just seemed to dissolve straight into my body. I often admired the pretty choker-style necklaces Sheree wore, but there was no way I could pull one off. Still, I was used to being the 'big girl' – I'd been overweight my whole life.

When I was 12 I was a size 16. Lads rarely looked at me, so I was pretty surprised when, aged 19 and a size 18, a nice-looking guy started eyeing me up in a local bar. My friend slipped him my number and on our taxi ride home he texted, asking me out on a date. His name was Andrew and he made me feel beautiful. We fell in love and, as things between us became more serious, I was so happy. I could never have imagined finding someone who would make feel so special.

There was just one thing: any time Andrew suggested going on holiday, I would push for caravan breaks. The truth was, the thought of going abroad didn't even cross my mind, it was so out of my comfort zone. I was far too embarrassed of my size to get on a plane – there was no way I was asking for one of those seatbelt extenders. And as for lying by a pool in a bikini… forget it. So we got used to staying in the UK. And when our sons Cody, now 15, and Tommy, 13, came along, it was too expensive to go on holiday anywhere further afield.

Andrew and I married in July 2012, but I was too shy to go into wedding dress shops and ask for their plus-size range. Instead, I bought my size 24 gown online from a company in China, making sure it laced up the back. It was the first and only time I ever showed my bare upper arms in public. We honeymooned in Belfast – just 20 miles from home. Two more kids, Adam, now 10, and a longed-for little girl, Eloise, now six, followed, and each time



Nikita and Andrew on their wedding day

Nikita wearing the diamond choker

AFTER
9st 5lb
Size 10

midwives warned I was a high-risk pregnancy, with gestational diabetes.

After Eloise the diabetes didn't go away – it turned into type 2 diabetes and my GP told me to lose some weight. I went cold turkey, cutting out carbs, and shed 5st, but it was just too hard to maintain; I was always so hungry.

Then in April 2022, we tragically lost my brother Peter. He was just 35. He had type 1 diabetes and had slipped into a diabetic coma. I was devastated but even losing him wasn't enough of a shock to overhaul my own bad habits with food. Instead, I comfort ate.

Skipping breakfast, my day started mid-morning when Mum popped around for a cuppa and a bun or biscuit. We'd polish off a packet of chocolate digestives in 20 minutes flat.

Lunch was always something quick, like a cheese toastie, and then I would chuck chicken nuggets and chips into our deep-fat fryer for dinner. After the kids had gone up to bed, Andrew and I settled on the sofa for quality time with a tube of Pringles or tub of ice cream.

It wasn't until New Year's Day 2024, after seeing the photo of myself where I felt my face looked massive, that I vowed to do something. I started cutting carbs again and lost over a stone. But it was so hard – I was ravenous!

Then in February I was walking through town on my way to collect the kids from school when I spotted a poster for Slimming World stuck to the wall outside Iceland. The following Monday I shyly went to my first meeting near to where I lived in Larne, Co Antrim. Getting onto the scales for my first weigh-in, I was 16st 13lb. It wasn't the biggest I'd ever been but I knew I had a long way to go.

Straight after that first group meeting I went to Iceland and stocked up on Slimming World ready meals like pasta carbonara, and pea and ham soup. Back home, I was amazed at how easy it was. I didn't need to cut out carbs and I lost 4.5lbs in my first week.

Spurred on, I stuck to the diet and started experimenting with Slimming World recipes. I loved making a sweet-and-sour chicken or chicken curry. The deep-fat fryer got binned and I bought air fryer. The food was delicious and I never felt hungry.

That March, after losing around 2st, I felt confident to go to our local gym and start exercising. Soon I was doing a class most days. It meant that as the weight came off, I didn't struggle with loose skin. I started shopping on the high street, marvelling at how I could choose clothes straight from the rail.

In October 2024, Sheree turned up at my house one afternoon with a present – a diamante choker necklace. 'That'll never fit – I'm Nikita No-Neck!' I said. 'Not any more you're not!' laughed Sheree. By that time I'd lost around 6st and, trying it on, I stared into the mirror in surprise… It fitted perfectly – if anything it was a little loose.

'Oh my God, look at my neck!' I laughed, dancing around the room. Now I am down to 9st 5lb, my target weight, and a slinky size 10. It felt brilliant. I had so much more energy and confidence, and my GP confirmed my type 2 diabetes had been reversed.

Now people call me Skinny Minnie, which still feels strange. It's going to take a long time for me to forget Nikita No-Neck, but I'm not sorry to see her go.

By Jade Beecroft

DIET BEFORE

BREAKFAST Skipped
LUNCH Cheese toastie with crisps
DINNER Deep-fried chicken nuggets and chips
SNACKS Chocolate digestives, buns, Pringles, ice cream

DIET AFTER

BREAKFAST Fat-free yogurt or banana
LUNCH Scrambled eggs with light cheese triangles instead of butter on toast
DINNER Slimming World chicken stir-fry
SNACKS Protein yogurt and fruit

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Shapewear solutions

MAKE A SPLASH!

Look and feel great by the pool with the high street's most flattering swimwear – from £9

Swimsuit, 6-22, Next, £36

Swimsuit, 8-24, George at ASDA, £16

Swimsuit, 6-22, Marks & Spencer, £35

Swimsuit, 6-22, Primark, £14

Swimsuit, 30E-40K, Bravissimo, £75

In need of a body confidence boost? Opt for a swimsuit with built-in tummy control technology

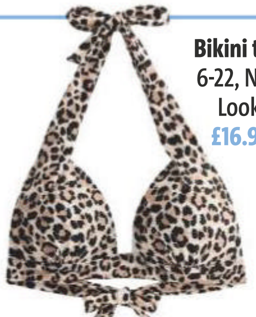
Swimsuit, 6-22, Next, **£38**

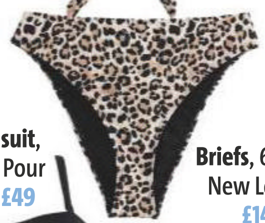
Continued over the page...

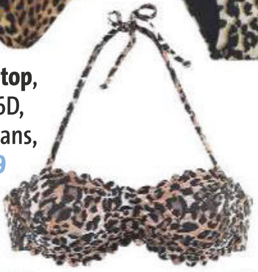
Animal magic

Swimsuit, 6-22, F&F at Tesco, £19.50

Swimsuit, 8-20, Regatta, £32


Bikini top, 6-22, New Look, £16.99


Briefs, 6-22, New Look, £14.99


Bikini top, 6A-16D, Freemans, £39

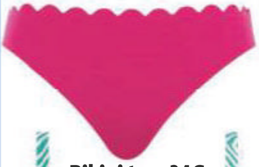
Bikini bottoms, 6-15, Freemans, £30

Swimsuit, 10-20, Pour Moi, £49

Leopard spots are huge right now – so why not wear them to the pool? Plus, the busy pattern will help disguise bloating

Fuller bust friendly

Tankini top, 32D-38J, Panache, £68


Briefs, 8-20, Panache, £28

Bikini top, 32A-42G, Next, £22

Briefs, 6-22, Next, £16

Tankini top, 30DD-44JJ, Curvy Kate, £48

Briefs, S-XXL, Curvy Kate, £24.

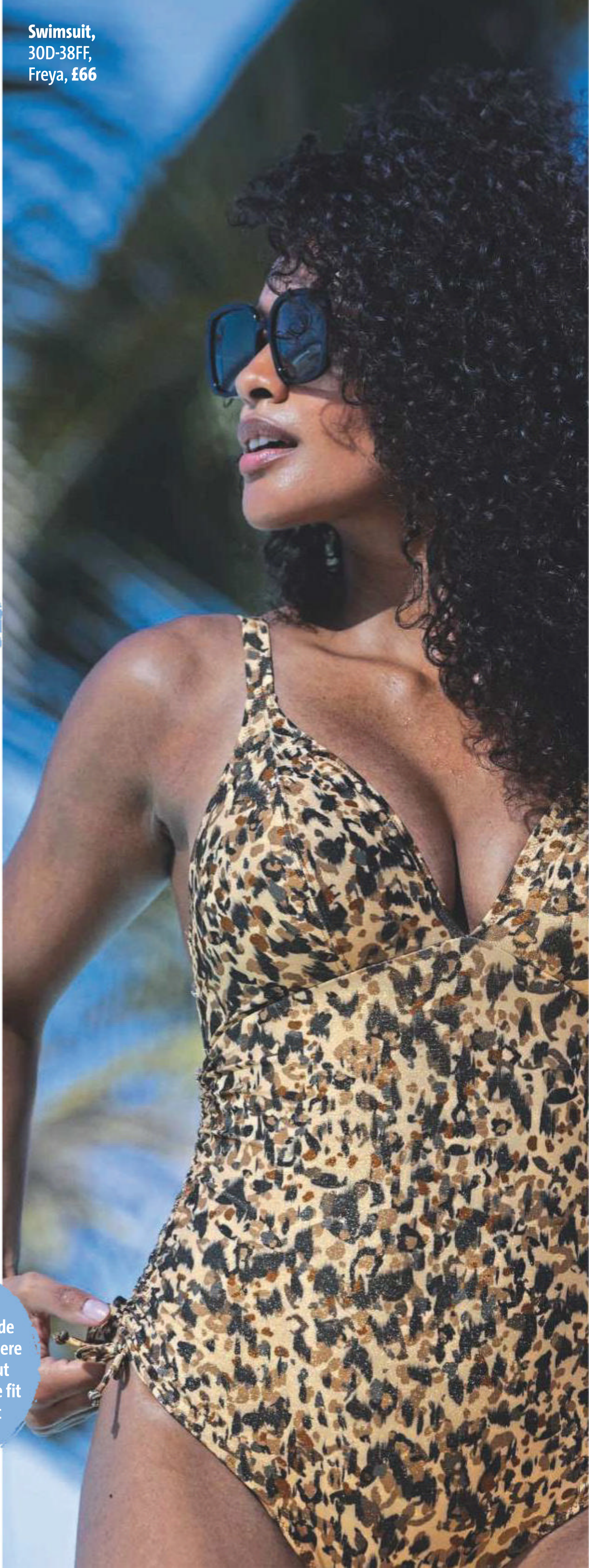
Bikini top, 34G-44FF, Elomi, £48

Briefs, 12-26, Elomi, £30

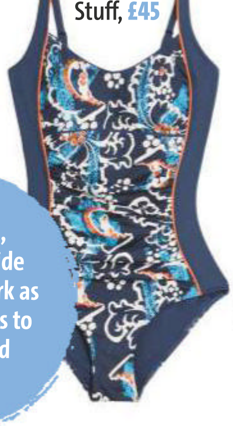
Bikini top, 32DD-42G, Matalan, £11

Briefs, 8-24, Matalan, £9

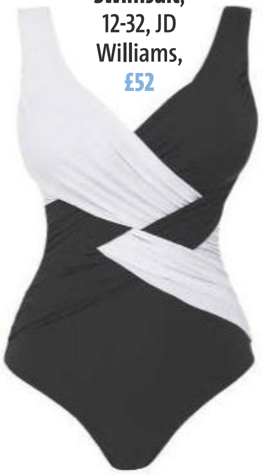
Specialised separates will provide plenty of support where you need it, without compromising on the fit around your waist or hips


Swimsuit, 30D-38FF, Freya, £66

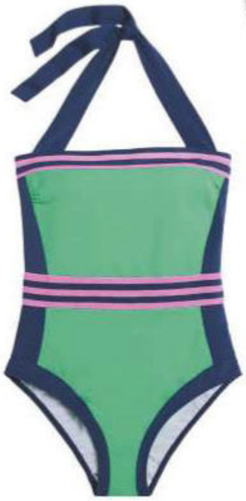
Optical illusions



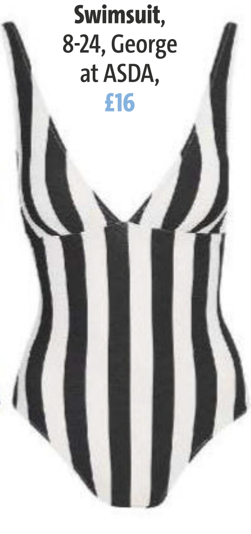
Swimsuit, 6-24, White Stuff, £45



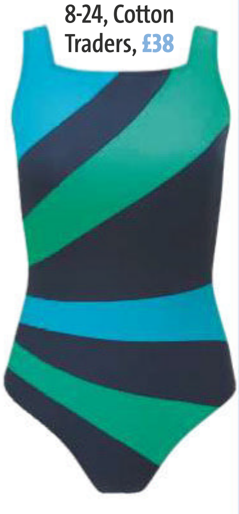
Swimsuit, 12-32, JD Williams, £52



Swimsuit, 4-22, Boden, £70



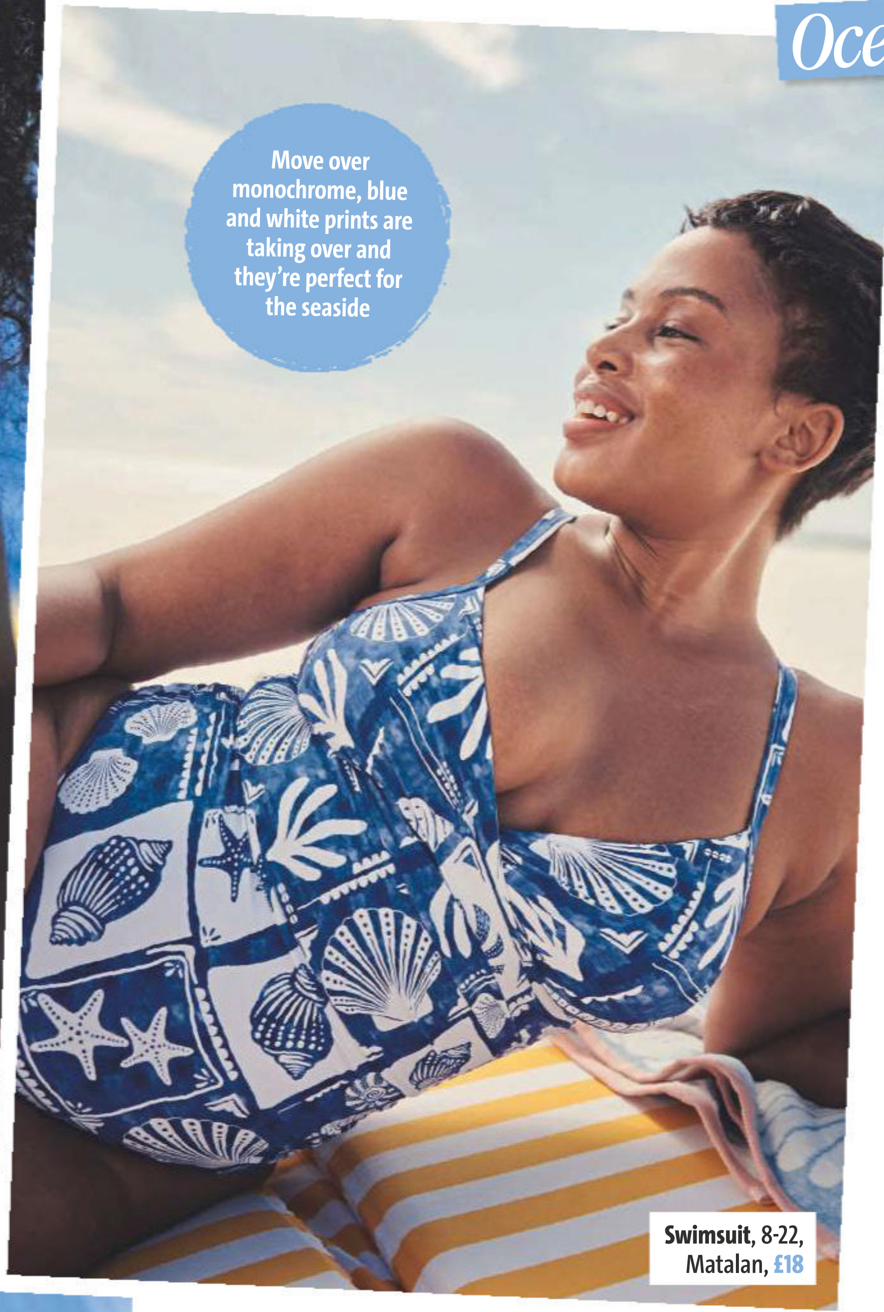
Swimsuit, 8-24, George at ASDA, £16



Swimsuit, 8-24, Cotton Traders, £38

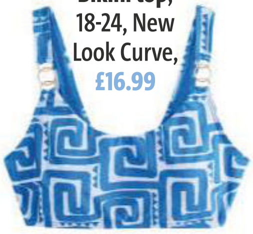
Dark panels, stripes and wide waistbands work as clever shortcuts to a streamlined silhouette

Ocean prints

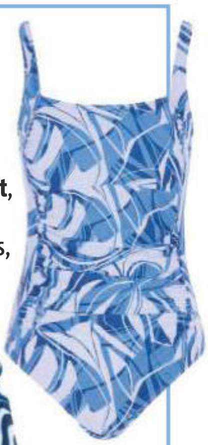


Move over monochrome, blue and white prints are taking over and they're perfect for the seaside

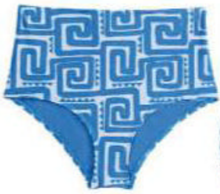
Swimsuit, 8-22, Matalan, £18



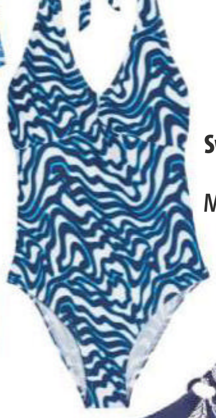
Bikini top, 18-24, New Look Curve, £16.99



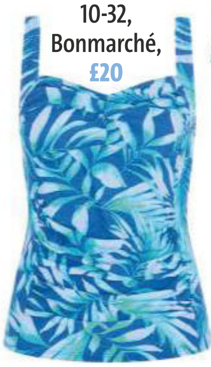
Swimsuit, 8-22, Peacocks, £24



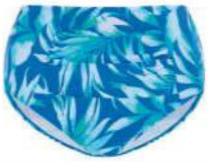
Briefs, 18-24, New Look Curve, £14.99



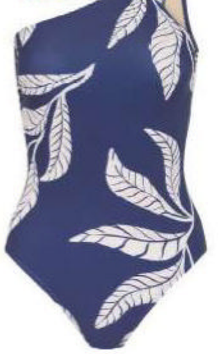
Swimsuit, 6-20, Monsoon, £69



Tankini top, 10-32, Bonmarché, £20



Briefs, 10-32, Bonmarché, £14



Swimsuit, 6-22, Marks & Spencer, £27.5

By Cigdem Tanrioglu

TURMERIC+ GOLD keeps Liz in her stride

67-year-old Liz Singh started taking Turmeric+ Gold after joint issues got in the way of her much-loved walks. She hasn't looked back since.

A retired chemistry teacher from Maidenhead, Liz loves to walk far and wide, as often as she can.

'I've always loved to walk both long and short distances,' she says. But in 2019, she suddenly found herself struggling after a three-mile stroll that normally would have been easy.

'The next day I felt a slight twinge in my left knee, which got progressively worse,' says Liz.

'I'd been planning a long walk to Bath, but it got to the point that I couldn't walk a hundred yards, let alone a hundred miles!'

'When my yoga teacher mentioned Turmeric+ Gold, I decided to give it a try, as I had nothing to lose,' she says.

Developed by Cambridge scientists, Turmeric+ Gold uses a formula confirmed to be effective by more than 40 scientific studies. Now, it's a best-selling supplement for joint health, certified by Informed-Sport for use by athletes.

Turmeric's active ingredients – curcuminoids – are hard for our bodies to absorb. But Turmeric+ Gold contains a sunflower lecithin formulation called Meriva® that makes curcumin 30 times more absorbable than ordinary turmeric powder.

'It works by mimicking the way we naturally absorb curcuminoids after eating turmeric cooked with fat,' explains Dr Miriam Ferrer, PhD, from FutureYou Cambridge. 'It delivers the equivalent of 150g of raw turmeric in a single, easy-to-swallow capsule.'

Liz noticed the difference within three months. 'I'm delighted to say I was able to complete my walk from Maidenhead to Bath,' she says. 'I'm still taking Turmeric+ Gold and I haven't looked back.'

'I had **nothing to lose.**'

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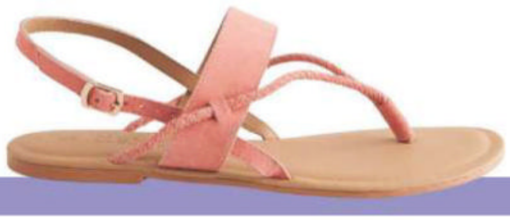
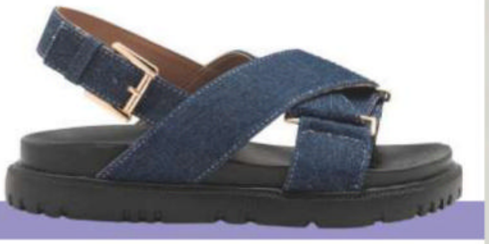
***Turmeric+ Gold contains vitamin C which contributes to normal collagen formation for the normal function of cartilage and bones. Vitamin D contributes to the maintenance of normal muscle function.** Introductory offer valid for new UK customers only. Offer expires 30th June 2025 and cannot be used in conjunction with any other promotions. Cancel any time, without obligation. See FutureYouHealth.com/pages/offers?coupon=TGF271 for full terms and conditions.

Next, £22



shopcider.com, £22.90

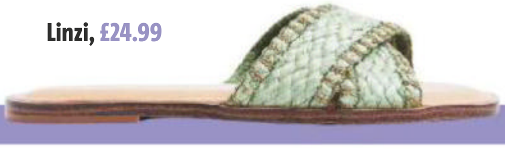


Summer SANDALS

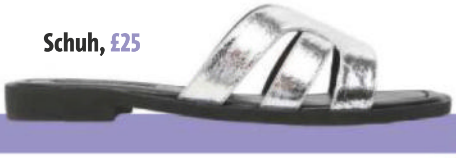
Under £25!

Get ready for the sunshine with these stylish shoes

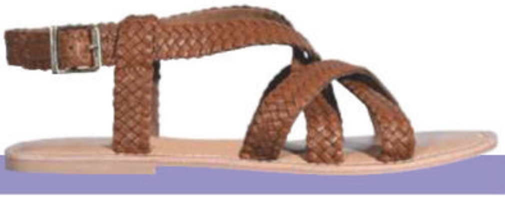
Linzi, £24.99



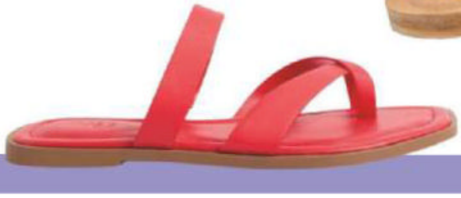
Schuh, £25



Matalan, £17

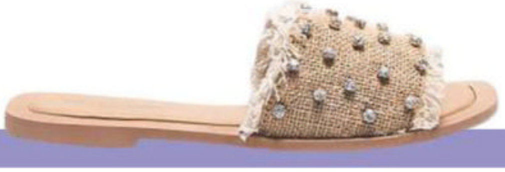


Marks & Spencer, £15

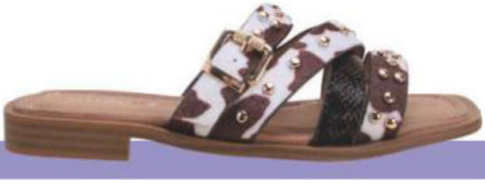


Peacocks, £16

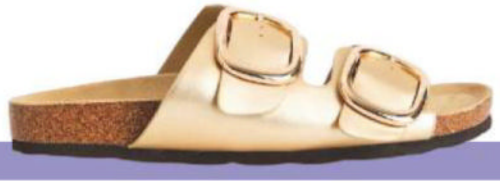
Pretty Little Thing, £24



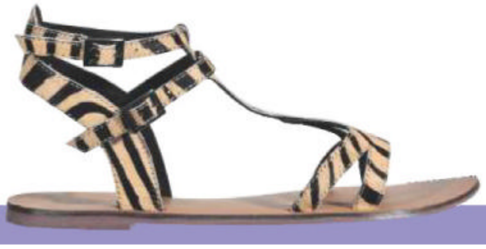
Peacocks, £22



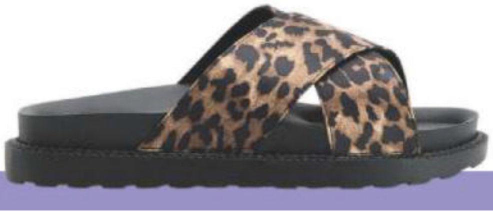
Tu at Sainsbury's, £16



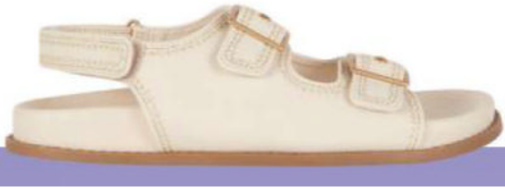
Matalan, £17



Reserved, £15.99



Primark, £13



By Phoebe Denman

Get sun savvy

All you need to protect your skin this summer – from £4.75

All-round favourites

Whether you're vacationing on the beach or heading to the shops, it is vital that you always defend yourself from harsh UV rays. To get the most for your money, go for a product that's suitable for the whole family. Mess-free sprays are a great option for those with kids – *Bella* loves **Boots Soltan Once Lotion SPF50+, £11**, which protects for eight hours of exposure without needing to reapply. For a non-greasy option, opt for **Nivea Sun Protect & Moisture Invisible Finish SPF50, £8.70**. The lightweight cream sinks in effortlessly without leaving any white marks. For those prone to sunburn, try swapping to a mineral sunscreen such as **Attitude Sunly Plastic-free Mineral Sunscreen Stick SPF30, £20**, which uses natural ingredients build a physical barrier between skin and UV rays for extra protection.

New Launch

Extra benefits

Want to get more SPF value? Try opting for a dual-purpose product that features extra skincare benefits. **Clarins Youth-protecting Sunscreen High Protection SPF30, £29**, is loaded with antioxidants and vitamin E to prevent and reduce the appearance of sunspots as well as protecting from UVA and UVB rays. For those with sensitive skin, we recommend **Eucerin Oil Control Dry Touch Sun Spray SPF50 For Sensitive & Acne-Prone Skin, £22**. The spray is easy to use, water resistant and clinically proven to prevent irritation. On a mission to maximise your tan? Swap to a hydrating oil, such as **Garnier Ambre Solaire Ideal Bronze Invisible Spray SPF30, £14**. It is infused with carotene, which is known for its ability to boost melanin production.

Anti-ageing formula

After sun soothers

It's easy to overdo it in the sun, and over-exposure can damage skin cells, occasionally causing sunburn. Make sure you have a rescue remedy ready to soothe and restore. Remember, the sun can affect all skin types, so it is vital to apply after suncare even if you don't burn. Start off by showering with **Rituals The Ritual of Karma Cooling After Sun Shower Gel, £10.90**, which helps to calm down inflamed limbs. Next, apply **Avon After Sun Aloe Ice Gel, £4.75**, which is bursting with burn-reducing aloe vera to ease compromised areas. If you want to boost that golden glow, *Bella* loves **Ultrasun After Sun Tan Booster, £24**, a quick-absorbing cream that is infused with tan-enhancing pigments for longer-lasting results.

Facing facts

Did you know that sun exposure can fast-forward the signs of ageing, including dark spots and wrinkles? This is why facial SPFs should become a part of your daily routine throughout the year – yes even during the winter! After completing your regular skincare routine, apply a generous amount of a lightweight cream, like **La Roche Posay Anthelios UV Air, £25**. Tinted SPFs, such as **Beauty Of Joseon Daily Tinted Fluid Sun, £16**, are also a great timesaving option. They'll provide plenty of protection along with the benefits of make-up. Remember, suncare can wear off throughout the day, so reapplying with a mist like, **Sun Bum Face Mist SPF50, £22**, is vital.

By Cigdem Tanrioglu, **Pictures** Shutterstock

CRIME MONTHLY
PRESENTS
EVIL
UNCOVERED

A BRAND-NEW TRUE-CRIME
PODCAST FROM THE MAKERS OF
THE BESTSELLING MAGAZINE

AVAILABLE WHEREVER YOU GET YOUR PODS

Dynamic DUOS

Tackle common hair concerns with these shampoo and conditioner pairings

THE BODY SHOP
CONDITIONER
TEA TREE
GEL SHAMPOO
TEA TREE
VEGAN

Clarify & Balance

Equipped with tea tree and vegan silk protein, these refreshing products help give oily strands a deep cleanse for a more balanced scalp over time. **The Body Shop Tea Tree Purifying & Balancing Shampoo and Conditioner, £10 each**

OGX
RESCUE FUSIONS
hyaluronic acid +pro-vitamin B5
SHAMPOO HYDRATING
CONDITIONER HYDRATING
385 ml

Boost Moisture

Those with dry, brittle hair will be impressed by results they'll see after using this affordable set. Packed with hyaluronic acid, they work to hydrate and soften strands nicely. **OGX Rescue Fusions Hyaluronic Acid + Pro-Vitamin B5 Shampoo and Conditioner, £10 each**

Maintain Colour

If you dye your hair, we recommend switching to a specialised shampoo that prolongs and protects the vibrancy of your shade. Redken's formula is gentle enough to clean without stripping colour and effectively hydrates locks, too. **Redken Acidic Colour Gloss Shampoo and Conditioner, £25.70 each**

REDKEN
acidic color gloss
conditioner
pH 3.5-4.5
gentle color shampoo
pH 5.0-5.6

JOHN FRIEDA
FRIZZ ease
miraculous recovery
REPAIRING CONDITIONER

Smooth Strands

Hormonal changes can have a negative impact on our hair's health, which can mean dealing with more frizz than usual. Luckily, John Frieda's nourishing double act works to repair hair cuticles for a smoother appearance. **John Frieda Miraculous Recovery Shampoo and Conditioner, £7.25 each**

KÉRASTASE
GLOSS ABSOLU

Let It Shine

Banish dull-looking locks with this gloss-enhancing pair. Created to be ultra nourishing, while visibly plumping hair from the roots and ends, it will help smooth strands resulting in shinier looking tresses. **Kérastase Gloss Absolu Shampoo, £29.60, and Conditioner, £36.60**

FUDGE PROFESSIONAL
BOND BUILDER

Repair Damage

Infused with bond-building technology that helps to repair damaged strands from within, this strengthening team reduces the appearance of split ends in between salon visits. **Fudge Bond Builder Shampoo and Conditioner, both £14.99**

BOUCLÈME
curls redefined
curl cleanser
curl conditioner

Refresh Curls

Curly hair can be more prone to frizz and dryness than other textures. Combat these issues with this gentle line-up, which replenishes curls leading to more nourished, defined finish. **Bouclémé Curl Cleanser, £17 and Conditioner, £19**

being
BIG HAIR

Add Volume

As you move through menopause, your hair may lose density, which is where these volumising options come into action. They contain avocado and macadamia oils, to hydrate without weighing strands down, resulting in fuller-looking locks. **Being Big Hair Volumising Shampoo & Conditioner, £7.99 each**

By Phoebe Denman

janeplan

Lose 5lb in 7 days

Feel and look fabulous in time for summer

We've teamed up with Jane Michell from Jane Plan, a UK pre-prepared healthy meal delivery company, to give you a flavour-packed plan. It's portion and calorie controlled, with a balance of healthy carbohydrates and fat, and lean protein, to leave you feeling satisfied, lighter and full of energy. Jane says, 'Get summer ready with my seven-day plan and lose up to five pounds. Packed full of deliciously healthy recipes, you'll enjoy tasty meals as well as losing weight and feeling fantastic.'

Jane Michell

HOW IT WORKS

- Eat around 850 calories a day for the first week, with a daily breakfast, lunch and dinner. Have a snack if you feel peckish, like 2tbsp houmous with a handful of vegetable crudités. If you've more weight to lose, this one-week plan can be a great kickstart. After the week increase your calories to around 1200 a day by adding mixed nuts, seeds and a cup of quinoa or brown rice.

- Avoid salt, sugar and alcohol as these can lead to water retention.

- For a gentle caffeine hit try green tea instead of normal tea and coffee. Start your day with a mint tea to reduce hunger and end it with a warm camomile tea to aid digestion and improve sleep. Enjoy 2 litres of water daily.

- Nourish your body with plenty of salads, green vegetables and berries. They're high in fibre and water and tend to be low in calories and sugars.

- Add spices and herbs. Chilli can work as a natural appetite suppressant, and mint aids digestion and prevents bloating.

- Do some gentle stretching every day and, if possible, try yoga or meditation to relax your body and your mind.

Your one-week plan

All meals and snacks given are for one person, unless otherwise specified. Where oil spray is mentioned use an olive oil version.

Day 1

Breakfast

40g low-sugar granola, with 2 handfuls of berries, topped with 180ml skimmed milk.

Lunch

Chargrilled broccoli with feta, chilli and garlic

Boil 150g bite-sized chunks of broccoli for 2min. Drain, then spray with oil and fry, until charred, adding a garlic clove, finely sliced, and half a red chilli, chopped, for the last few min. Top with 40g crumbled feta, the zest of half a lemon, and a squeeze of lemon juice.

Dinner

Lemon chicken

Makes 4 servings

Heat oven to 200°C/gas 6. Place 1 thinly sliced red onion, 1 red pepper and 1 yellow pepper, both deseeded and cut into wedges, into a large ovenproof tray. Spray with a little oil, season, and roast for 15min. Meanwhile, place 4 large chicken thighs into a bowl, add the juice and grated zest of one lemon, 2tbsp olive oil, a small handful of fresh thyme leaves, a pinch of salt and pepper, and stir together. Add 400g tin tomatoes and 400g tinned chickpeas, drained, to the peppers, and stir through. Place the chicken on top, with a slice of lemon on each. Roast for 45-50min until the chicken is cooked and the skin is golden. Serve with a large green salad. Save a serving for lunch the next day.

Day 2

Breakfast

Egg Florentine

Serves 4

Preheat the oven to 180°C/gas 6. Spray a little oil into a non-stick deep pan. Add 1 leek, thinly sliced, 2tbsp water and a pinch of salt and pepper, cover and steam for 4min. Add 2 cloves garlic, crushed, and 200g baby leaf spinach, cook until wilted. Stir in 2tbsp crème fraîche and 1tsp grainy mustard. Divide mixture between 4 x 9cm oven-proof ramekins. Make a hollow in the middle and crack a large egg into each. Scatter over a little Parmesan, and season. Place the ramekins into a shallow oven-proof dish, with hot water around a third of the way up. Bake for 20min or until the white is set and the yolk is still runny.

Lunch

Leftover lemon chicken from day 1

Dinner

Tuna with tomato tapenade

Preheat the oven to 190°C/gas 5. Chop a large, ripe tomato, a handful of black olives, sundried tomatoes and garlic, and spoon onto a tuna steak (buying frozen, then defrosting, is normally cheaper). Pop onto a baking tray and bake for 15min, or until cooked through. Remove and sprinkle a handful of basil on top. Serve with a large mixed salad and lots of fresh lemon juice.

Day 3

Breakfast

Avocado toast

Smash half an avocado, mixed with a handful of cherry tomatoes, sliced, and a quarter of a red onion, chopped. Serve on a slice of gluten-free seeded toast.

Lunch

Trout, watercress and cucumber salad

Blend 50g smoked trout with 25g low-fat cream cheese, 1tbsp low-fat crème fraîche, 1tsp horseradish, a squeeze of lemon juice and 1tbsp chopped dill. Place 2 handfuls of watercress on a plate, top with half a cucumber, sliced, and the trout mix.

Dinner

Chickpea chilli

Fry a small onion, chopped; 1 clove garlic, sliced; 1tsp chili powder and a handful of chopped peppers, carrots, courgettes; and a small diced sweet potato, for 10min. Add a little water if sticking. Add a chopped tomato and 50ml vegetable stock. Simmer for 20min, adding more water if needed. Add half a tin of chickpeas, drained, and simmer for 10min. Serve sprinkled with chopped chillies, spring onions and coriander.

Day 4

Breakfast

100g low-fat natural dairy or coconut yogurt with a handful of strawberries, sliced. Top with 2tsp mixed seeds.

Lunch

Mackerel salad

Serve a grilled mackerel with 2 handfuls of steamed spring greens and a tomato and olive salad (mix 3 cherry tomatoes, chopped; 2 black olives; a clove of garlic, chopped; ½tsp wholegrain mustard; and some fresh parsley, chopped).

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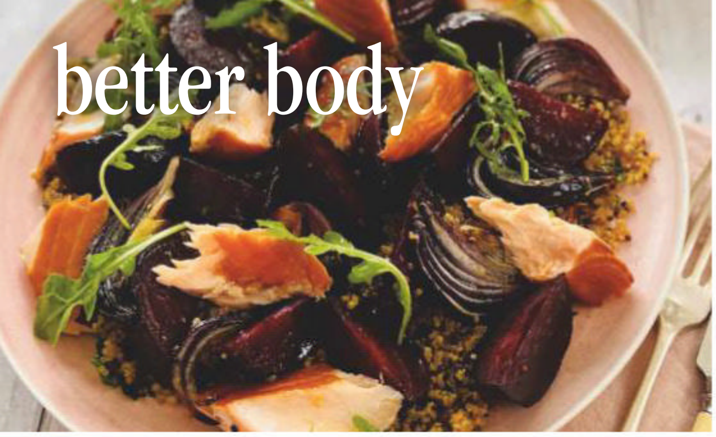


Dinner

Savoury pancakes

Makes 4

Pour 150ml semi-skimmed or oat milk into a jug, add 1 large egg and whisk. In a large bowl add 40g spelt or wholemeal flour and 1tbsp milled flaxseeds. Make a well in the middle and gradually add the milk mixture, whisking constantly. Beat until smooth, season and set aside. In a frying pan spray a little oil then add 4 spring onions, finely sliced; 2 cloves garlic, thinly sliced; and fry for around 2min until softened. Add 200g mix of kale and spinach, season, cook for around 3min until wilted. Lightly spray a 20cm frying pan with oil, place over a medium heat. Add a ladleful of the pancake mixture, swirl to coat the pan bottom, cook for 2min. Flip, then remove from the heat. Place a quarter of the greens in a circle in the middle of the pancake. Crack a large egg into the middle, place back on the heat and fry for around 3min until the egg white is cooked. Repeat the process until all 4 pancakes are made. Quarter 4 cherry tomatoes and scatter over the top and add a little grated Parmesan. (Save a cooked pancake, wrapped in baking paper, in the fridge, and some greens and tomato, for lunch on day 5.)

Day 5

Breakfast

Mix a sliced apple with 100g low-fat Greek yogurt or coconut yogurt. Stir in 10g walnuts, chopped and sprinkle on some cinnamon.

Lunch

Leftover savoury pancake. Reheat with the leftover greens and add the egg, tomato and cheese as per day 4.

Dinner

Chicken and courgette skewers

Serves 4

Preheat the grill to high or prepare the BBQ. In a bowl, place 2 large garlic cloves, crushed; 2tbsp olive oil; zest and juice of 1 lemon; 2 tsp dried oregano, and mix. Cut 4 chicken breasts and 2 medium courgettes into bite-sized chunks. Season and stir to coat in the marinade. Thread alternately onto 4 long skewers (if wooden, soak these in cold water for 30min first). Cook until done, around 15-20min, turning frequently. Serve with a large mixed salad.

Day 6

Breakfast

Overnight oats made with 40g oats, 100ml skimmed milk, 2 handfuls of mixed berries and a sprinkling of cinnamon.

Lunch

Asparagus Niçoise

Steam 8 asparagus spears, drain and transfer to a bowl, adding a drizzle of olive oil. Scatter 2 radishes, chopped, 2 hard boiled eggs, chopped, and a handful of chives, capers and olives on top. Sprinkle on a pinch of fresh chilli, chopped.

Dinner

Mediterranean cod bake

Preheat the oven to 200°C/gas 7. Place the following on a roasting tray – half a red onion, cut into wedges; a red pepper, chopped; an unpeeled garlic clove, and a red chilli, chopped. Top with ½tbsp olive oil and 1tsp balsamic vinegar. Roast for 15min. Remove from the oven, place a 150g cod fillet (skin-side down) on top. Top with 1tsp grated lemon and 2 lemon slices. Add 75g large tomatoes, halved and 10g pitted Kalamata olives. Drizzle on 1tsp olive oil. Bake for 10min. Scatter on a handful of fresh basil and serve with 2 handfuls of spinach.

Day 7

Breakfast

Fry 100g mushrooms and a handful of cherry tomatoes in 2tsp olive oil. Serve, drizzled with low-fat crème fraîche, on a slice of gluten-free seeded toast.

Lunch

Roasted aubergine with yogurt and pomegranate

Preheat the oven to 200°C/gas 6. On a baking tray place a medium aubergine, sliced and sprayed with oil. Roast for 30min. Meanwhile, make a dressing by whisking 3tbsp low-fat natural yogurt, a squeeze of lemon, 4tbsp water, 1tsp clear honey and 2 cloves of garlic, grated. Serve the aubergine with the dressing and 1tbsp pine nuts, a palmful of mint leaves, chopped and ½tbsp pomegranate seeds.

Dinner

Hot smoked salmon and quinoa salad

Preheat the oven to 200°C/gas 7. Cut a quarter of a red onion and 80g beetroot, spray with a little oil and drizzle with a little balsamic vinegar and roast for 20min. Remove and set aside to cool. Heat 80g cooked quinoa, cooked according to the pack instructions, and add 1tbsp parsley, chopped and the juice of half a lemon. Top with the onions and beetroot. In a separate bowl, whisk 25g low-fat crème fraîche, ½tbsp horseradish, juice and zest of half a lemon, and a little water to make this pouring consistency. Flake 100g hot smoked salmon over the salad, pour over the dressing and serve with some rocket.

By Carly Honeyfield, **Pictures** Shutterstock, Eddie Judd

JANE'S FAVOURITE
CLASSIC VEGETABLE CURRY
CHICKEN NAPOLITANO
SALMON SALAD

TWO GREAT OFFERS FROM JANE PLAN

If you fancy trying Jane Plan, then we've got a fabulous offer – save £30 every month on your order! Our tester Amy tried Jane's 1200 calorie weight-loss plan and loved it. 'It was brilliant having all my meals and snacks delivered. So easy to prepare and enjoy; just add veg and salad. Excellent taste, quality and value for money. I lost a stone in 28 days without feeling deprived.'

For delicious meals and support, go to janeplan.com. Meals delivered to your door and nutritionists on hand every step of the way. For the exclusive £30 monthly discount use code 'BELLA30' at checkout at janeplan.com or call 0800 612 9077. Offer expires 13 June 2025. Offer includes free standard delivery every month. Only one discount code per order and must be used at the time of ordering.

WIN A MONTH'S WORTH OF JANE PLAN WORTH £409!

Two lucky winners have the chance to experience a month on Jane Plan. You'll receive 28 breakfasts, lunches, dinners and snacks, and have access to weekly live events, a private online community and, if you want, a consultation with a Jane Plan nutritionist – they're only a phone call away. Enter at bellamagazine.co.uk/competitions by 27 May 2025.

Please note, this competition is only open to UK residents aged 18 or over. Prizes are non-returnable and non-exchangeable. No cash alternative.

NB. If you are pregnant, breastfeeding, under 18 or have a medical condition please seek professional advice before changing your diet.

THE FIT LIST

Everything you need to feel good and energised

PROTEIN KICK

If you're looking to up your protein intake, WelleCo – Elle Macpherson's lifestyle brand – has a new multitasking HydroProtein Elixir worth trying. In addition to having 15g of hydrolysed pea protein per serving, the powder – which you mix with water to create a drink – also contains electrolytes for extra hydration, plus vitamin C, niacin and biotin to help you glow from the inside out. welleco.co.uk, **£35**.

FULL SUPPORT

Finding a sports bra that is both comfortable and supportive is no easy job, but game-changing new brand Boobuddy has found the perfect solution. Designed with science-backed innovation, the Boobuddy is a compression band that sits across your chest, offering support during workouts. As well as minimising discomfort, the clever product also helps prevent long-term damage to breast tissue. theboobuddy.com, **£15**.

PILATES PRINCESS

Whether you're just starting to learn Pilates or are a seasoned pro in need of some new gear, this Essentials Kit, **£45.90**, from tryfitcore.com has you covered. The all-pink set comes with grip socks, a resistance ring, long resistance bands and loop bands – so you can feel more confident at your next class.

ENERGY BOOST

Love energy drinks but don't like the crash they can give you after a few hours? This Tenzing Natural Energy drink (**£6.40**, for four, Tesco) is the perfect alternative because it's packed with natural caffeine from green coffee, energising vitamin C and hydrating electrolytes from Himalayan Rock Salt.

ON THE RUN

With running clubs becoming increasingly popular as the weather warms up, this MONTIREX Trail 1/4 Zip Top (JD Sports, **£35**) is the perfect running jacket. Made from soft and stretchy poly fabric for ultimate comfort while working out, the vibrant pink colourway also adds a stylish touch.

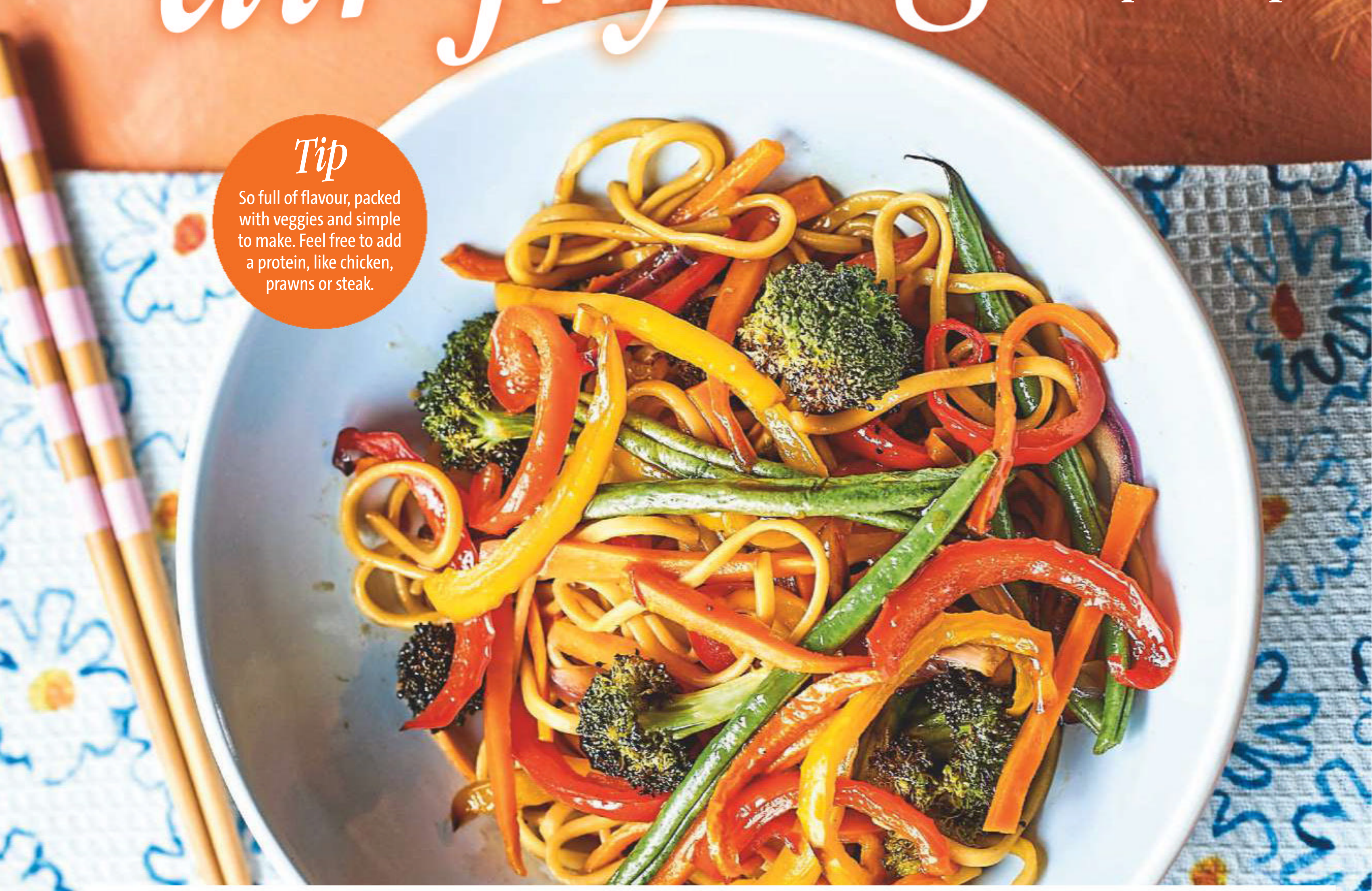
HEAVY LIFTING

Building muscles by lifting weights can help to contribute to better balance therefore reducing the risk of falls. Try this Body Sculpture dumbbell set (Decathlon, **£59.99**). It's made up of a selection of dumbbells, which are perfect for weight training at home, and can be used to tone your arms, back and abs.

By Lucy Brown

Fuss-free air frying

Elevate your cooking game with these tasty, quick and oh-so-simple recipes



Tip

So full of flavour, packed with veggies and simple to make. Feel free to add a protein, like chicken, prawns or steak.

Veggie noodle stir-fry

Serves 2 *Takes* 35min

- 1 red or orange pepper, sliced into thin strips
- 1 large carrot, peeled and sliced into thin strips
- 1 small red onion, finely sliced
- 150g green beans
- 1 head of broccoli, broken into small florets
- 1tbsp olive oil
- 250g fresh egg noodles
- Salt and freshly ground pepper

FOR THE SAUCE

- 3tbsp honey
- 1tbsp sweet chilli sauce
- 3tbsp light soy sauce

1 *Preheat the air fryer to 180°C. Put all the vegetables in a bowl, then coat well in the oil and some salt and pepper. Put them directly into your air fryer and cook for 15-17min until they're all tender.*

2 *While the vegetables are cooking, put all the ingredients for the sauce into a small bowl with 4tbsp water and mix them together, then set aside.*

3 *When the veggies are ready, remove from the air fryer and transfer to the dish. Add the noodles and the sauce and mix everything together so it's evenly coated in the sauce.*

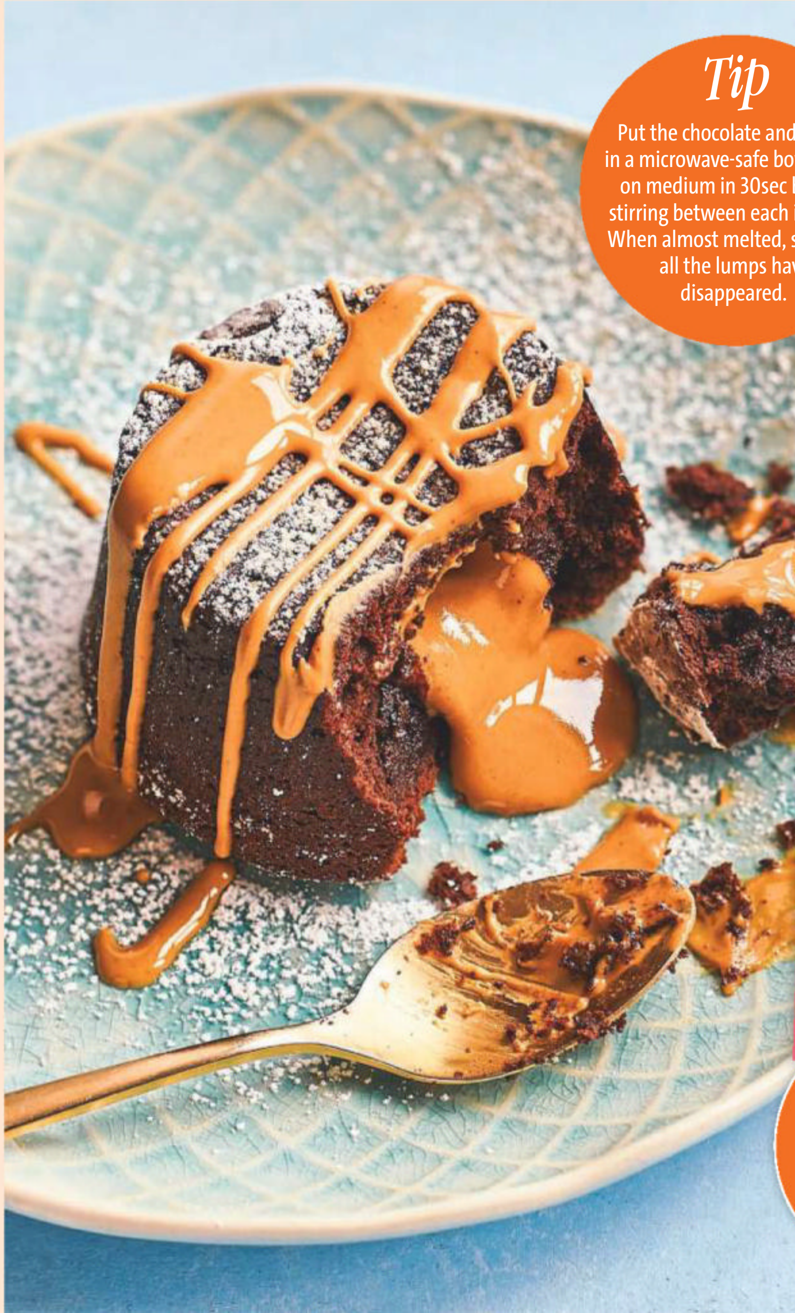
4 *Place in the air fryer and cook for a further 5-6min until the noodles are warm. Divide between 2 bowls and enjoy!*

Peri-peri chicken burger

Serves 2 Takes 25min

- 3-4tbsp peri-peri sauce
- 4 slices of halloumi cheese
- 2 chicken breasts (about 150g each), flattened
- Olive oil spray
- 2tbsp mayonnaise
- 2 ciabatta rolls or rolls of your choice, halved
- 2 slices of a large tomato
- 4-6 lettuce leaves

1 *Preheat the air fryer to 200°C. Put the peri-peri sauce into a bowl, coat the halloumi in the sauce and set aside, then coat the flattened chicken breasts in the remaining sauce.*
2 *Spray the air fryer rack or basket with oil, then place the chicken in the air fryer, leaving room for the halloumi, and cook for 10min.*
3 *Add the halloumi to the air fryer and cook both the chicken and halloumi for a further 5min.*
4 *While they're cooking, spread mayonnaise over both halves of the rolls. When the chicken and halloumi are ready, place them on the bottom half of each roll, add a slice of tomato and some lettuce and top with the other half of each roll.*
5 *Serve with your favourite sides. You could try peas, tenderstem broccoli, corn on the cob, spicy rice or some peri- peri fries.*



Tip

Put the chocolate and butter in a microwave-safe bowl. Heat on medium in 30sec bursts, stirring between each interval. When almost melted, stir until all the lumps have disappeared.

Peanut butter lava cakes

Makes 2 Takes 30min, plus cooling

- 50g dark chocolate, chopped
- 50g unsalted butter, cubed
- 1 medium egg, plus 1 medium egg yolk
- 50g icing sugar, plus extra for dusting (optional)
- 30g plain flour
- 4tsp cocoa powder
- Pinch of salt
- 2tbsp smooth and creamy peanut butter, plus extra, melted, for drizzling (optional)

FOR THE RAMEKINS

- 1tsp unsalted butter, melted
- 2tsp cocoa powder

1 *Prep two 6cm x 6cm ramekins by brushing them with the melted butter, then dusting them with cocoa powder, making sure it covers the inside of the ramekins, then tap out any excess.*
2 *For the lava cakes, preheat the air fryer to 170°C. Melt the chocolate and butter in the microwave (see Tip), or in a heatproof bowl set over a pan of simmering water, then set aside to cool for 10min.*
3 *In a medium bowl, whisk together the egg, egg yolk and icing sugar for a few minutes with an electric hand mixer until it thickens and turns light in colour.*
4 *Pour in the chocolate/butter mixture and stir until combined, then add the flour, cocoa powder and salt and stir until smooth. Scoop the batter into your two prepped ramekins, then dollop a tablespoon of peanut butter into each and press it in slightly so it's covered.*
5 *Place the ramekins in the middle of your air fryer and bake for 10-13min. Carefully remove the ramekins from the air fryer (they will be very hot). The lava cakes should spring back when pressed gently. Leave to stand for 10min. Turn them out onto plates, dust with extra icing sugar or drizzle with some melted peanut butter, if you wish, and serve straight away.*

FITWAFFLE'S
Easy
Air Fryer
100 OF MY BEST BAKES, QUICK DESSERTS and SIMPLE MEALS
Eloise Head

These recipes are taken from ***Fitwaffles's Fuss-Free Air Frying*** by Eloise Head (Ebury Press, £22)

By Angela Romeo **Recipes** Eloise Head **Photography** Faith Mason

Feeling more tired than normal can be a sign

Is it DIABETES?

As almost a third of cases are undiagnosed, here's how to spot the signs that could save your life

You've noticed that you're feeling more tired than normal and extremely thirsty. But every time you consider going to the GP, you talk yourself out of it. You think, 'Surely there'd be more drastic signs if I had type 2 diabetes. If I was at risk, I'd know…'

But would you? Recent analysis has revealed that approximately 30% of people living with type 2 diabetes in England are undiagnosed.

Meanwhile, around one in nine of all adults in England are estimated to be living with prediabetes.

> 'Around one in nine adults in England live with prediabetes'

Dr Verity Colder, senior clinical advisor at Diabetes UK, says, 'Recognising the signs of type 2 diabetes is very important as the earlier it's diagnosed, the earlier it can be treated and managed.

'There are a number of serious complications that can develop if type 2 diabetes remains undiagnosed and untreated. This is because having high blood sugars for a long time can damage the blood vessels and nerves in the body. This increases the risk of heart attacks, strokes, kidney disease, and can also lead to foot problems, sometimes resulting in amputation, as well as eye problems, including sight loss.'

The good news? If you are able to spot the signs of type 2 diabetes, you can get help and may even be able to put the condition into remission.

Here, Dr Colder explains how you can best recognise, reduce your risk and possibly even prevent type 2 diabetes…

Understand your risk

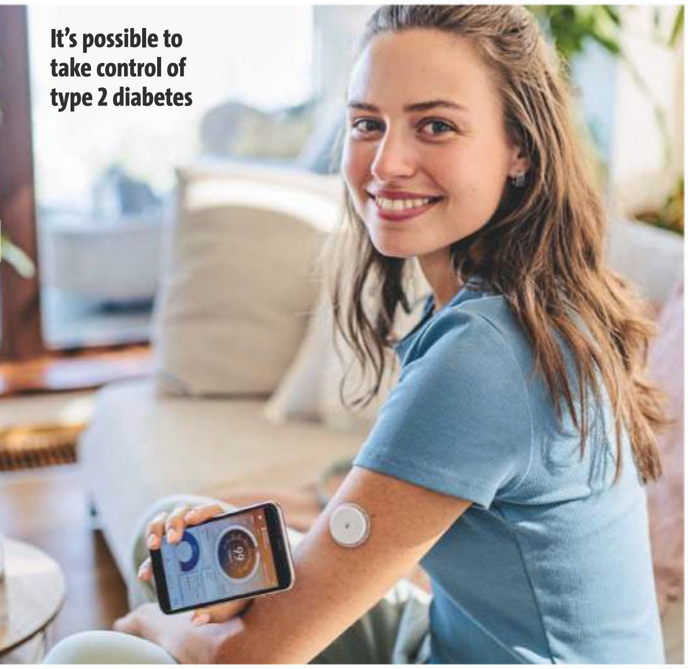
Dr Colder says, 'We know that certain people are more at risk of developing type 2 diabetes, including those living with obesity, those over the age of 40 from white backgrounds, or over 25 if from African-Caribbean, Black African or South Asian communities, people with a high waist measurement, or those with an immediate family member with diabetes.

'However, being at risk doesn't mean someone will definitely develop type 2 diabetes. Getting support to make healthy changes to the foods they eat and their activity levels as soon as possible can help reduce the risk.'

Make positive changes

Dr Colder says, 'Research has shown that for some people, a number of changes – including diet, exercise and losing weight –

Extreme thirst is a symptom to watch out for



It's possible to take control of type 2 diabetes

can be effective in reducing the risk of type 2 diabetes by more than a third.

'Aim to eat a healthy, balanced diet. Research has shown that foods and drinks such as green leafy vegetables, berries, grapes and apples, wholegrains and yogurt with no added sugar can be associated with a decreased risk.

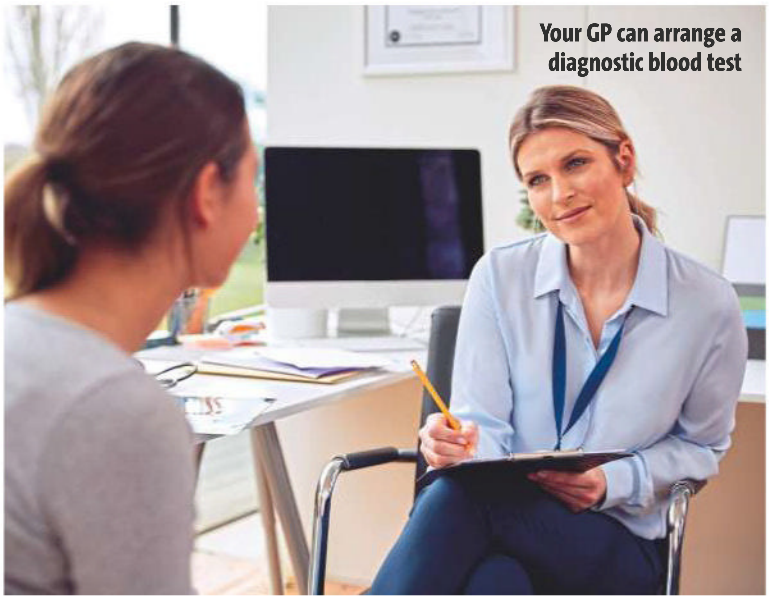
'Additionally, there are some foods we recommend reducing your intake of, as these are associated with an increased risk, including sugar-sweetened drinks, red and processed meats like beef, lamb, pork, ham and sausages, refined carbohydrates like sugary snacks, white bread, sugary cereals and processed potatoes.

'All kinds of physical activity are good for helping reduce the risk of type 2 diabetes. You shouldn't think that you need to go as far as joining a gym to get the right amount of exercise. A walk, going for a swim or kicking a ball around the park with the kids are all useful. Start small and have realistic targets.'

Seek help

Dr Colder explains, 'A lot of people don't get any symptoms of type 2 diabetes, or don't notice them as they could be attributed to something else. But symptoms can include going to the toilet to wee more often, especially at night, feeling extremely thirsty, feeling more tired, losing weight without trying to, genital itching or thrush, cuts and wounds taking longer to heal or blurred vision.

'If you feel you have any of these symptoms then you should visit your GP surgery as soon as possible and request a blood test. A diagnosis is always confirmed via blood test. Also, if you don't have any of the listed symptoms but are worried about the possibility of having type 2 diabetes then you can use Diabetes UK's online Know Your Risk tool at diabetes.org.uk/risk.



Your GP can arrange a diagnostic blood test

'We know that there is a potential period of time before someone develops type 2 diabetes where their blood sugars are raised, but are not yet in the diabetes range. This is called non-diabetic hyperglycaemia, more commonly known as prediabetes.

'Having prediabetes increases the risk of developing type 2 diabetes in the future, but getting a diagnosis offers the opportunity to reduce that risk by making changes to diet and activity levels, with the right support.

'If anyone needs support to make these changes, then they can be referred to their local NHS Diabetes Prevention Programme by their GP surgery if they are found to have non-diabetic hyperglycaemia on a blood test.

'They can also call the Diabetes UK helpline on 0345 123 2399 to speak to one of our highly trained advisors.'

Consider remission

New research shows that one third of participants with type 2 diabetes who complete the NHS England Type 2 Diabetes Path to Remission programme, involving the 'soups and shakes' diet, enter remission.

Dr Colder says, 'For some people, it is possible to put type 2 diabetes into remission. Losing weight is key to this, as soon as possible after diagnosis. Low-calorie diet programmes that include total meal replacement products and support from a healthcare team have the strongest evidence for putting type 2 diabetes in remission, but other approaches, such as low-carb diets, can also help some people lose weight and go into remission.

> 'All kinds of physical activity are good for helping reduce the risk'

'The remission programme low-calorie diet means replacing all food with soups and shakes for 12 weeks, and having specific support from a coach for 12 months. However, what we do know is that going into remission is hard work and people should not make these kinds of dietary changes without appropriate support. Also, that it's not a certainty, no matter how hard someone tries.

'If you have type 2 diabetes and would like to try for remission you can speak to your GP about being referred. However, it's important to be aware that being in remission doesn't necessarily mean your diabetes will be gone forever, or that it's "cured", as blood sugar levels can rise again. It's still important to get annual diabetes health checks with a GP once in remission, to get a check of your blood sugar, and to treat or manage any existing diabetes-related complications.'

● *For more information, please visit diabetes.org.uk*

By Stephanie May, **Pictures** Adobe Stock

Butter YELLOW

Whether you're making a statement or adding a splash of colour, we love this delicious burst of sunshine shade

Bring a sense of freshness to any room with this versatile hue

Stripe bed linen, French Bedroom, £50

Battery lamp, George Home at Asda, £13

Lick Yellow 07 eggshell emulsion paint, B&Q, £45

Candle holder, Oliver Bonas, £16.50

Cushion, George Home at Asda, £12

Woven cooler tote, John Lewis, £35

HOPE
EUCALYPTUS & CEDARWOOD
SCENTED CANDLE

Scented candle, B&M, £3

Cushion cover, Dunelm, £12

Ombre mug,
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Glass vase,
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Side plates,
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Mirror,
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£12.99, set of 2

Scented candle,
M&S, £5

Stripe sofa, Barker & Stonehouse, from £1049

Yellow is a great shade for a bedroom because it's sunny and bright

Ceramic table lamp, John Lewis, £125

Hand painted milk jug,
John Lewis, £6

Hand painted plate,
John Lewis, £10

Cotton throw, tbco.com, £79

By Carly Honeyfield, **Pictures** Brand/pr

THE DARKEST CRIMES AND EVIL MINDS

CRIME MONTHLY

TRURO MURDERS: SERIAL KILLER SLAYS 7 WOMEN
ZIZIAN CULT HORROR: LEADER FINALLY ARRESTED AFTER 6 HOMICIDES
ABUSE SCANDAL: YOUTUBE MUM WHO BECAME A MONSTER
CRIME MONTHLY
ISSUE 75
MAY 2025
THE DARKEST CRIMES AND EVIL MINDS
SICK & TWISTED
HUSBAND FROM HELL
EVIL DOCTOR PUSHES WIFE OFF A CLIFF
DARK OBSESSION
STALKED TO DEATH?
WHITNEY'S HIGH-SCHOOL FRIEND'S INFATUATION TURNED TO TERROR
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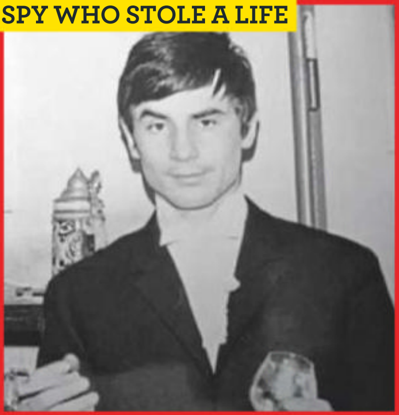

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£50
Star letter

Brave Emma

I loved reading your interview with Emma Willis (issue 18) where she discussed her health anxiety. So many people struggle with it, but it so rarely gets mentioned. It was great to read about someone at her level of fame who still deals with it, and certainly made me feel better about my own.

Emily Mathsford, Gosport

A fitting tribute

What a tragic story about the young man Jay Kennedy whose life was cut short by a brain tumour (issue 17). To discover a journal that he left his family was so heartwarming for them, to have something left after his death. Well done to his family and friends for the money they raised after he passed away.

Suzanne M, County Down

Talking point

Former *Made in Chelsea* star Millie Mackintosh says giving up alcohol has made her a more present mum to her two daughters. So, we ask, does not drinking make you a better parent?

I feel like every case is different, but having grown up with an alcoholic mother, I would have loved if she didn't drink. Her condition completely changed my life.
C Williams, via Facebook

I'm not sure I could get through the week without a glass of wine, but that's all it is. I don't think it causes any issues with my parenting.
Carly Smithson, via Facebook

Having had my own issues with alcohol, I definitely think giving it up has made me a much better parent.
Anonymous, via Facebook

I cannot parent with a hangover, so drink very, very rarely now and I think it's helped me do a better job of being present for my kids.
Bethanny Roberts, via Facebook

Edited by: Stephen Leng. **Photos:** Instagram/@emmawillisofficial, Shutterstock

THIS WEEK Bella LOVES...

Quiet Riot podcast

THIS WEEK BELLA LOVES...
With everything going on in the world, sometimes you need a rational, calm explanation of things that don't leave you feeling doom-laden. Enter the Quiet Riot podcast, hosted by twosome Naomi and Alex, who do their best to make you feel like the world may sometimes be mad – but you don't have to be. Well worth a listen wherever you get your podcasts.

MORE PASSION LESS SHOUTING
QUIET
RIOT

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'I went through two years of hell – now I want to help others'

The birth of her second baby should have been a magical time for Nicola Martin, 44. Instead, the following years turned into a nightmare…

As I watched my husband John cradling our newborn baby, I felt a rush of love and relief. It was March 2010, and I'd just had a C-section after being diagnosed during pregnancy with a low-lying placenta. The previous few weeks had been stressful as I rushed back and forth to hospital while John went to work as a bus driver. Now at last, I could concentrate on recovering from the birth and start enjoying my new son, Ryan, as well as my three-year-old daughter, Emily.

My C-section scar healed quickly, but within weeks I began experiencing stomach cramps, diarrhoea, blood in my poo and bloating. More alarmingly, I was also suffering with a strong smelling vaginal discharge and from my behind. I'd never had symptoms like this before so I went straight to the GP. 'It's linked to your labour,' my doctor said. 'It'll settle in time.' I left more distressed than ever.

I had a lively toddler and a two-month-old baby to care for and was in agony as well as often needing to rush to the toilet. Some days, I could barely walk with the pain, let alone get down on the floor to play with the children. I had to rely heavily on my mum and dad while John was at work.

I lost count of the number of times I went to the GP, who tried me on various birth control pills thinking it might be the answer, but it didn't help. As the months passed, the discomfort continued and in December 2010, we moved from Essex back to my home town of Norwich to be closer to Mum and Dad. I registered with a new GP but again I was told the symptoms were from giving birth and would sort themselves out. 'I don't think I'll ever get better,' I said to John, tearfully.

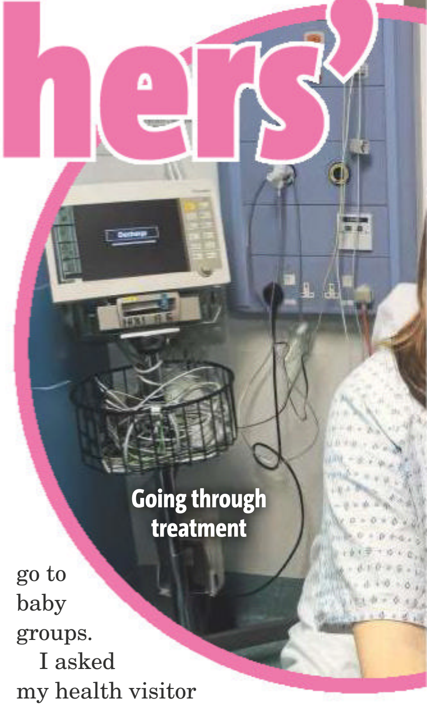
I felt so unwell that I was struggling to enjoy my time as a new mum and wasn't even able to go to baby groups.

'I don't think I'll get better'

I asked my health visitor for advice. 'It might be post-natal depression,' she said. I knew the underlying problem was not depression but by now I was so miserable from the symptoms, I did feel depressed.

Eventually, I saw another GP who referred me to a dietician. 'Leave out dairy and see if that helps,' they suggested. The result was a bit of a breakthrough because they realised I was lactose intolerant. I cut milk out of my diet and things improved slightly, but the bigger problems remained, including the pain, bloating and discharge.

The following year, I was finally referred for an ultrasound scan which showed my pelvis and bowel were inflamed and more tests were ordered. I had been unwell for almost two years and couldn't remember what it was like to be able to do


Going through treatment

Crohn's and Colitis UK
865
Raising money and awareness

Nicola when the problems began

Nicola now

things like take Ryan and Emily to the park without relying on my parents. I'd always enjoyed my job as a family support worker but couldn't even go back to work.

In April 2012, I was booked for a flexible sigmoidoscopy, a procedure where a camera is inserted inside the rectum. 'It looks like Crohn's Disease,' the consultant said. She explained she couldn't be 100% sure as the results needed to be sent off and officially diagnosed. I'd never heard of the condition and was a bit alarmed when I read the leaflet she gave me about Inflammatory Bowel Disease (IBD) in general.

It said it was an auto-immune disease, which is incurable, and that the body's own immune system attacks itself. It added there was treatment with steroids or immunosuppressants and, in severe cases, surgery. The differences between Crohn's and Colitis (both forms of IBD) were Colitis was inflammation of just the colon whereas Crohn's is inflammation any part of the digestive tract from the mouth down to the anus. Symptoms included abdominal pain and diarrhoea which is what I had. It was a lot to take in and so scary.

Two weeks later, I got a letter confirming the diagnosis and that a large part of my bowel was severely inflamed. I was referred to the IBD Nurse Specialist team and was put on immune-suppressants and more steroids but the side effects were awful. I felt nauseous and had itchy skin, and over the following months was often admitted to hospital with uterine infections. All I wanted was to be a normal mum for my children, but continued having to rely on my parents.

Eventually, in November 2012, I was scheduled for surgery as doctors felt my condition was so severe. I was terrified but knew it was the only chance of living a normal life.

During the eight-hour operation, surgeons repaired the fistula and removed the inflamed part of my bowel as well as one ovary. But two days later my temperature soared, and doctors discovered my bowel had perforated. John arrived just in time from work to find me being rushed back to theatre where my bowel was repaired, but I was left with a temporary stoma and ileostomy bag. When I came round, I was groggy and upset but the stoma nurses reassured me.

Finally, after four weeks in hospital and six days before Christmas, I was well enough to go home and celebrate with my children. In June 2013, I had an operation to reverse the stoma just ahead of our family holiday to Menorca. Sitting in the sunshine with John, Mum, Dad and the children, I enjoyed chocolate cake and a glass of wine for the first time in almost three years.

'I'm living a full life again'

Now, my symptoms are now largely under control with immune-suppressant drugs, although I still have a mild lactose intolerance and occasional flare-ups. My message to anyone with symptoms is to go to the doctor. If you don't get a satisfactory answer insist on a second opinion. Crohn's can be hereditary but luckily my children don't have it.

With the right treatment, it's manageable and there are wonderful IBD nurses who offer support. There are more than 500,000 people in the UK living with Crohn's or Colitis – that's 25,000 people a year who are given the life-changing diagnosis.

Despite this, there are often misconceptions surrounding the condition. You know your own body so don't be afraid to push back when speaking to doctors. I went through almost three years of hell, but now I'm living a full life again, working and speaking out to raise awareness of this cruel disease. I want to make sure everyone with this condition can do the same.

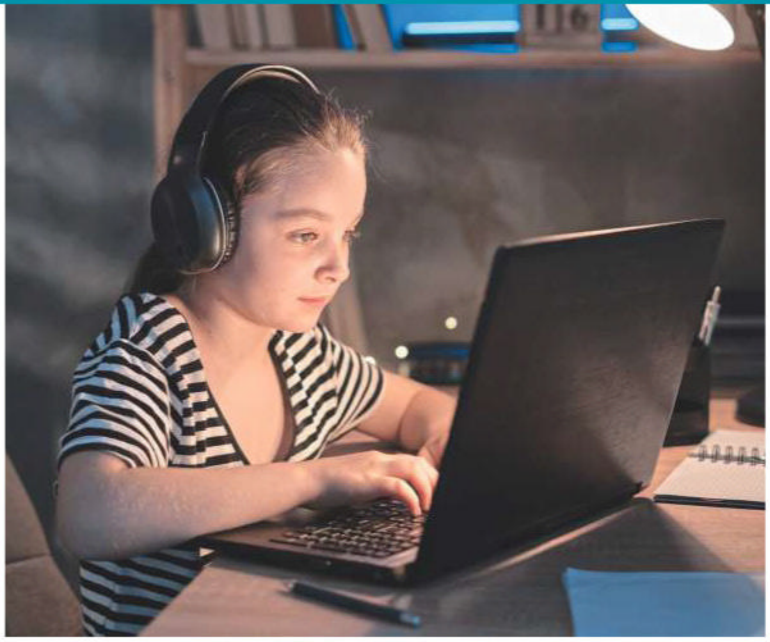
● *19 May is World IBD Day. To check symptoms and to find out more go to crohnsandcolitis.org.uk/get-involved/world-ibd-day*

By Helen Garston and Kim Willis

Dear Kate...

Counsellor Kate Medlin answers your personal, sexual and emotional problems

My daughter's been groomed!



Q I just found out that my daughter (13) has been talking to a man online. They've been exchanging sexually explicit messages for the last month. I didn't even know she knew what sex was! I've grounded her and stopped her from having any screen time because she needs to understand what she's done is very wrong. I've contacted the police who have taken her phone and gone through all the messages between them. They aren't sure they will find him. She thinks he's her boyfriend. I mean, how stupid is she to think she's old enough to have a boyfriend, never mind a grown man? I've never even mentioned sex to her, so I've no idea where she learnt all this disgusting stuff from. The language she is using, and the things she said to him! She said he made her feel special. I'm separated from her dad as he was abusive, physically and emotionally to both of us. I thought I'd got her out of that mess, but now she's put herself right back in the middle of another, even worse mess!

A We sometimes think that we're protecting our children by pretending that something doesn't exist – like sex. But unfortunately, what this does, as you've discovered at great cost, is make them more curious about this mysterious thing. Instead of positioning yourself as her guide, so that she can ask questions, and check in with you when she comes across something she doesn't understand, she's gone off exploring all by herself, without any knowledge to protect her. Because you've never spoken to her about sex, you've driven it underground, like it's a dirty secret, and that's how she's been treating it. She'll be feeling a lot of shame about what has happened. That's how groomers gain their power. By preying on children who don't have a safe space to talk, by telling them that what they're doing is completely fine, and by making them feel special because

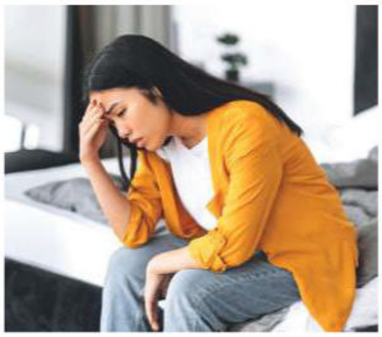
He's invited his ex to our wedding!

Q My fiancé has just told me that his ex-wife has accepted the invitation to our wedding. I didn't even know he'd invited her! He said it was for his daughter's sake, so that she knows we're all friends – but I'm not! He didn't think she'd accept and, even though she has, he doesn't think she'll actually come. But do I have to worry about that for the next four months? I already have to share him with his daughter 50% of the time. Do I now have to share my wedding day with his ex-wife?

A I can understand why this has upset you and it is certainly something that needs to be talked about. There are people who get on with their exes and, for the sake of the children, maintain a friendship with them. And I don't know the circumstances around all of these relationships. Has his ex done anything to make you feel threatened by her? If so, then it's even more inconsiderate of your fiancé not to take your feelings into account. However, you are choosing to let this woman take up a lot of space in your head. Remember, we can't control how others behave, all we can do is think about how their actions make us feel, and tend to those feelings. You are getting married and you're both choosing each other. Keep that as your focus. She's not your competition, unless you turn her into it.

How do I get my dad to really hear me?

Q My dad remarried after leaving Mum, me and my sister when I was 11. His new wife had two daughters and, while we only saw Dad every other weekend, they lived with him full time. He was more of a dad to them than he was to us. They got to go on holidays abroad while we had the odd wet weekend in a caravan with Mum. They got birthday parties and driving lessons, while we got none of it. He told me the other day that if I ever wanted to talk to him about anything, I could. But when I've tried in the past, he hasn't listened and has denied all of it. How do I make myself heard?



A He's given you permission to speak, but you don't know what to say, as when you have spoken up before, you've felt dismissed. So perhaps start by saying something like, 'I know that you might have a different story in your head, a different version of events, but I just want to tell you about how it felt for me.

Letters and replies may be edited for length/clarity. **Pictures** Shutterstock

Write to **Dear Kate**,
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bella.advice@bauermedia.co.uk.

Kate will attempt to respond to as many letters as possible through her page

they're getting the attention of a grown-up. I understand that you've been shaken up by what's happened, and perhaps you're feeling a certain level of shame too – but telling her off and punishing her will only drive her further away from you. Please try to get curious with her. To be concerned about how she found herself in this position, rather than angry with her. She's a child and needs to be protected and understood, not told off. It is possible that the difficulties she experienced with her dad have made her a particularly easy target for predators like this man. But so have your attempts to keep her innocent. Talking to her about sex won't make her want to go and do it. In fact, the opposite is true. Even if you're uncomfortable, you need to let her know that you are willing to have those difficult conversations. Because hopefully, then she'll turn to you, instead of a stranger online.

And I'd really like you to hear me.' After all, there's no such thing as reality. There's his truth, your truth, and all the other characters have their truth too. All you're asking is for him to listen to yours.

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Horoscopes

By Jane Struthers **For the week 13–19 May**

Cate Blanchett – 56 on 14 May

GEMINI

22 May – 21 June

Do your best to keep worries at bay midweek or you'll begin to imagine all sorts of things that might go wrong. Focus on the positive on the 16th and remind yourself of your recent successes. Beware of being too outspoken or opinionated on the 19th.

Theme of the week: Privacy

☎ 0906 650 7232

CANCER

22 June – 23 July

Concentrate on daily tasks at the start of the week. They may not be very exciting but you need to know that everything is running smoothly. Tread carefully on the 19th with money matters: it's all too easy to make a rash decision that you later regret.

Theme of the week: Self-esteem

☎ 0906 650 7233

LEO

24 July – 23 August

The week is divided into two very clear sections. The first few days are marvellous for expressing yourself creatively, but from the 16th it's time for a little work. The more stuck you feel on the 18th, the more you need to shake things up.

Theme of the week: Practicalities

☎ 0906 650 7234

VIRGO

24 August – 23 September

If someone's in trouble you'll do what you can to help midweek, but don't let yourself be manipulated into doing more than your fair share. Steer clear of getting drawn into a heated discussion on the 18th – stick to the facts and avoid taking anything personally.

Theme of the week: Moving on

☎ 0906 650 7235

LIBRA

24 September – 23 October

If you're a classic Libran you usually prefer to avoid overt displays of affection. Yet it's a different story midweek, when you're almost swept away by heartfelt emotions and anything or anyone connected with the past has a particularly potent effect on you.

Theme of the week: Balance

☎ 0906 650 7236

SCORPIO

24 October – 22 November

Maintaining harmonious connections is a big factor for you at the moment and you've been doing your best to keep others sweet. However, any niggles reach a peak on the 18th, and you may also want to break free from a relationship that feels suffocating.

Theme of the week: Easy does it

☎ 0906 650 7237

SAGITTARIUS

23 November – 21 December

You're the soul of charm at the beginning of the week, so it's great if you're hoping to make a good impression. On the 17th you're happiest with activities that mean something to you. It will also cheer you up if you can splurge on a modest treat for yourself.

Theme of the week: Action stations

☎ 0906 650 7238

TAURUS

21 April – 21 May

Early in the week is wonderful for strengthening the bonds between you and the people you feel closest to, and it seems effortless. However, you struggle midweek to fit in with others, which leads to a sense of loneliness. Unleash your inner rebel on the 18th, when you have a strong urge to break rules or reveal an unexpected side of your personality.

Theme of the week: Breaking free

☎ 0906 650 7231

CAPRICORN

22 December – 20 January

You often take life seriously but this is a week for being much more playful. The 16th is the perfect excuse to mix with at least one of your favourite people, and is a great day for putting your thoughts into nice words. You're concerned about a loved one on the 19th.

Theme of the week: Wisdom

☎ 0906 650 7239

AQUARIUS

21 January – 19 February

Right now you can't bear the thought of being tied down. It's important to do your own thing, even if others don't understand. Express your independence with a light touch, rather than being heavy-handed. Patience is in short supply on the 19th.

Theme of the week: Letting go

☎ 0906 650 7240

PISCES

20 February – 20 March

A quiet confidence surrounds you early in the week. Your brain and intellect are working in tandem on the 16th, enabling you to express yourself with intelligence and sensitivity. By contrast, it's awfully easy to be outspoken and hot-headed on the 18th.

Theme of the week: Ability

☎ 0906 650 7241

ARIES

21 March – 20 April

You're looking for exciting activities at the start of the week, with the lure of travel particularly enticing. Differences of opinion connected with money or values create a clash with a loved one on the 18th. Try to avoid making sarcastic or cutting comments.

Theme of the week: Responsibilities

☎ 0906 650 7230

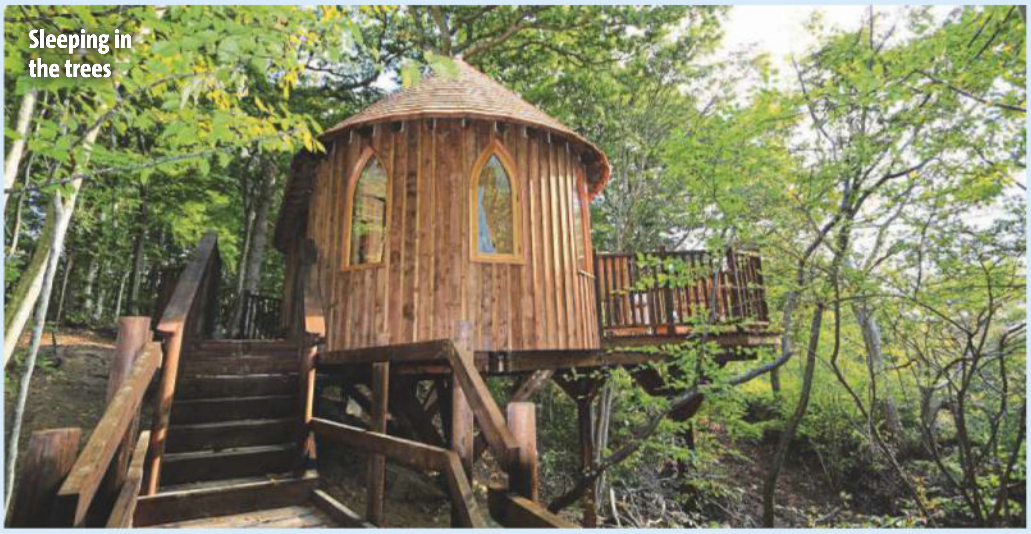
For a more detailed weekly forecast, call the number for your star sign. Calls cost 65p per minute plus your network access charge. Weekly forecasts last approximately four minutes. Messages are pre-recorded. For entertainment and guidance purposes only. Users must be over 18. Service provider: Spoke. Customer service number 0333 202 3390 (9am-5pm).

Enjoy the great outdo

Spend a night glamping under the stars in the most unusual way!

Foodie heaven

The Garlic Farm is a family-run business in Newchurch on the Isle of Wight, which has been producing the versatile bulb for over 50 years. The on-site accommodation includes a range of glamping yurts in private grounds, which sleep up to four (a king-size bed, plus two single mattresses on a mezzanine level). Ideal for families, each has a fully equipped kitchen, a dining and lounge space, en-suite toilet with a walk-in shower, a wood-burning stove, plus sockets for hairdryers and charging devices. Outside, there's a fire pit, seating, hammock and barbecue. And if you don't fancy cooking, the farm restaurant is renowned for its high-quality garlic-inspired dishes using locally sourced ingredients. Don't forget to stock up at the farm shop before you leave too! Book at thegarlicfarm.co.uk from £277 for two nights.

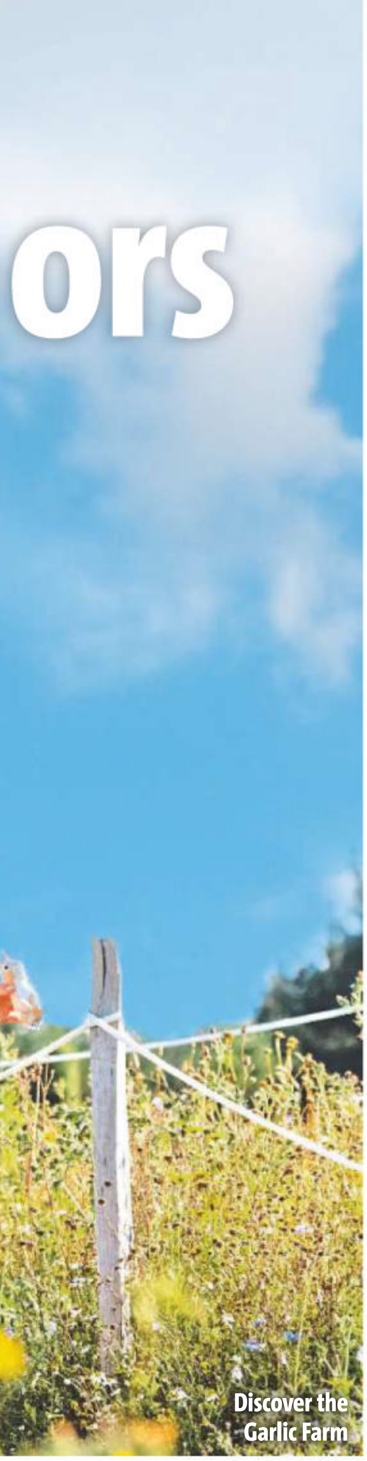


Sleeping in the trees

Treetop sleepover

What could be more exciting than staying in a secluded luxury treehouse? Sleeping four, the fully furnished Hoots Treehouse in East Sussex has a hand-crafted king-size bed, cosy fire and a loft space for the kids. With a wooden terrace overlooking the treetops, you'll feel totally at one with nature, especially if you decide to cook outdoors on the barbecue. There is plenty to do, including countryside walks, cycling and water activities, and don't miss fish and chips at the seaside. There's a castle to explore, fabulous gardens and pretty villages nearby. Book your stay at hootstreehouse.co.uk from £275 per night.

ors


Discover the Garlic Farm

Views that go on and on

Get your thrills

Llechwedd Glamping in the heart of North Wales is the perfect base for a weekend of adventure. It's just a short walk from the exciting Zip World and a great location for exploring Eryri National Park, also known as Snowdonia. The luxury safari lodges are on a spectacular hillside overlooking the moorland, valleys and historic slate quarries of Blaenau Ffestiniog. They're fitted with insulated wooden walls to protect you from the elements and offer all the comforts of home, from solid wooden floors and comfortable beds, to showers and flushing toilets. There are even places to charge phones, laptops and GoPros, as well as a cosy wood burner. Book at plasweunydd.co.uk from around £180 per night.

Adults-only retreat

Tucked away in the trees, close to Hereford, you'll find The Boodge. A cute cabin offering views of Hay Bluff from the balcony, it has the Black Mountains on its doorstep and a luxurious wood-fired sauna. So much thought has gone into the design. The walls are covered in art and windows face the view of the hills, while the private gardens are large and the vistas flood the rooms with sunlight. The copper roll-top bath is a real treat, but explore a little further into Wern Derys and you'll find the wood-fired Finnish sauna and plunge pool – perfect after a day of walking. From £149 per night, book at canopyandstars.co.uk.

Cosy bathtime treats

Sleep in a retro Airstream

Fun on the farm

Brook Meadow, in the tranquil Leicestershire countryside, is a fantastic camping and glamping site with a well-deserved reputation for excellence and variety. We love their retro Airstream caravan, which offers a cute stay for two. For families there is a choice of safari-style glamping lodges, or luxury lakeside lodges – and the whole site is dog friendly. There is plenty to do on the farm, collecting fresh eggs from the chickens, bird-watching, fishing on the lake and there's also a great kids' playground. Prices start from £47.50 per person per night, book at brookmeadow.co.uk.

By Carly Honeyfield

Graham with Remember Monday

'I love everything about it!'

The Eurovision icon chats about the epic singing contest

By Julie Emery, Amber Connolly and Amy Rowland

King of *Eurovision*, Graham Norton, returns to his role as BBC1 commentator during the Grand Final of the world's biggest music competition. Graham will oversee proceedings for audiences watching at home, as 26 countries, including the United Kingdom, vie for the number one spot of being crowned *Eurovision* champion.

In its 69th year, *Eurovision* returns to Switzerland, hosts of the very first contest back in 1956, and now, following Nemo's win last year, millions will be tuning in to see who will be crowned the 2025 champion. Here, Graham tells us what's so special about the competition...

Why do you love *Eurovision*? What's so magical about it?

To be honest I love everything about Eurovision. Its scale and sincerity are unmatched. The extreme range of musical styles and talents in the contest combined with the coming together of countries and fans make it a contest like no other.

Who should we be looking out for this year?

It's a big year for party anthems and the two that stand out for me are Miriana Conte representing Malta, and EMMY for Ireland with an unlikely banger about an immortal dog. Cutting through all the noise, I think Italy might have a good year with a classic rock ballad performed by Lucio Corsi.

What do you think about the UK's artist, Remember Monday? Can you believe it's been over 25 years since the UK was represented by a girl band at Eurovision? [Precious in 1999]

Remember Monday have a great advantage in that they are unlike any other act this year. Their vocals and harmonies are flawless, the song has a very strong hook and the trio are hugely likeable. With a decent place in the running order they should do very well indeed.

Any expectations about Basel or Switzerland?

I haven't been to Basel before but I'm expecting the contest to run like clockwork, a very clean arena, and fingers crossed for a complimentary chocolate or two.

What are your desert island *Eurovision* songs, if you can only pick three to listen to forever during your time on the island?

Off the top of my head I'd say: Lulu with *Boom Bang-a-Bang*, Teach-In with *Ding-a-Dong*, and Conchita with *Rise Like a Phoenix*, but it is impossible to pick really!

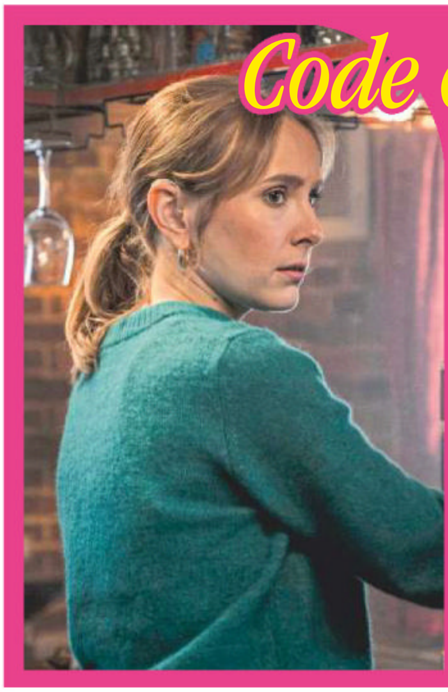
And finally, can you give us any teasers about what to expect during the final this Saturday?

I know nothing about the plans for the Grand Final yet, but when it's a country like Switzerland that haven't hosted for 36 years, I suspect they are going to pull out all the stops! I can't wait to see what they have in store.

● **The Eurovision Grand Final, BBC1, Saturday 17 May**

NEW THIS WEEK

Code of Silence



Sunday 18 May, ITV1

Alison Woods (Rose Ayling-Ellis), is deaf and works in the canteen at a police station but is drafted upstairs to help an investigation when they need a lip reader. Alison is thrilled to be recognised for her skills but soon gets drawn in to the challenge and excitement of uncovering where the dangerous jewellery heist gang will strike next in her own time too. Detective Ashleigh Francis (Charlotte Ritchie) tries to protect Alison, but as being deaf has always led to being underestimated so Alison sees this as her chance to prove herself – which soon gets out of control...

JOANNA LUMLEY'S DANUBE

Friday 23 May, ITV1

National treasure Joanna Lumley is once again packing her bags as she embarks on a rip-roaring adventure across the heart of Europe following the most international river in the world – the Danube. From source to sea, Joanna will track the river from its origins beneath the pines of Germany's Black Forest all the way to the Black Sea. On the way she'll encounter Bavaria's beer-brewing nuns, Slovakia's stunning snow-capped peaks, Hungary's Great Plain and its distinctive cowboys, the majesty of Vienna, the raw beauty of Transylvania, and the unique wilderness that is the Danube delta.

NINE PERFECT STRANGERS

Thursday 22 May, Netflix

Masha Dmitrichenko (Nicole Kidman) is welcoming nine new strangers to connect and transform themselves at her wellness retreat, Zauberwald, in the Austrian Alps. It's unlikely, when they booked, that they realised they'd be taken to the brink while trying to shed their past lives – but there's no going back after checking in to the disturbing process. A week certainly feels like a long time as they grapple with hard truths and sometimes medically induced demons. Masha is hoping to also address her past and heal while in the beautiful surroundings – as well as avoid legal trouble following the fallout of her previous retreat. But will this gang make it out?

FILM

Hallow Road

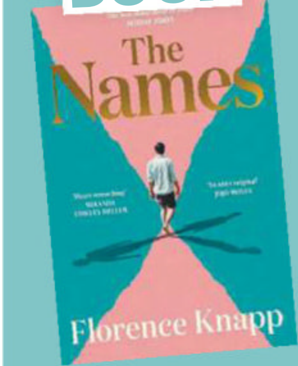
When two parents receive a late-night call from their teenage daughter, who has accidentally hit a pedestrian, they race to get there before anyone else stumbles across the scene. But, ultimately, disturbing revelations are yet to come... Set mainly in the confines of the front seat of a car, this claustrophobic thriller is loaded with psychological suspense and family drama.

EVENT

Triwizard Tournament Making of Champions

Warner Bros Studio Tour London – The Making of Harry Potter is celebrating the 20th anniversary of *The Goblet Of Fire* with a new feature. Introducing the Backlot Stage – a space where visitors will discover how filmmakers brought the Triwizard Tournament to life, including the Beauxbatons and Durmstrang students' entrance and the creation of the Hungarian Horntail dragon. Running until 8 September. Tickets at wbstudiotour.co.uk

BOOK



The Names

by Florence Knapp (Phoenix)

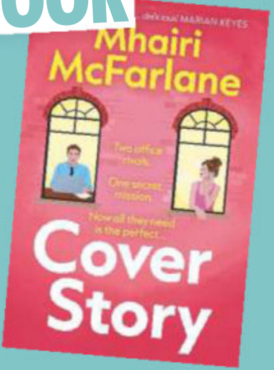
In 1987, after the great storm, Cora sets out to register her newborn son's birth. Tradition dictates he be named after his father, but Cora hesitates – should he inherit a legacy of dominance or forge his own path? Seven years later, he is Bear, Julian or Gordon, each name shaping a different destiny... A powerful story of identity, family and the weight of the past on the future. This is one of our books of the year. It's a story you'll still be thinking about long after you've read the last page.

BOOK

Cover Story

by Mhairi McFarlane (HarperCollins)

Bel's joined the tiny Manchester office of a national paper from her indie podcast and 30-something Connor is going to back to the start as the new intern. The pair can't stand each other so, of course, Bel bumps into him when she's working undercover on the biggest scoop of her career – and she's forced to improvise, pretending they're a couple. Two rivals and one fake romance. The headline writes itself... A very fun read.



Jo: ‘I don’t know ho single parents do it’

Jo as Liz and her husband Nick, played by Ben Bailey Smith

Diane Kruger as Jess

If you loved *Big Little Lies* then this psychological drama is one for you. The series focuses on a decade-long friendship between Jess (Diane Kruger), Liz (Jo Joyner), and Charlotte (Shelley Conn), who first met when they were thrown together in an expectant mother group. They bonded quickly, despite having little in common besides their due dates. But, when we first see them, 10 years into their friendship, their ties are starting to unravel. The action begins when seemingly perfect mother Jess takes her baby to the hospital with an unexplained head injury, and the on-duty A&E

Jo Joyner and Diane Kruger star in a gripping new thriller about the reality of motherhood and female friendships

doctor is her friend, Liz, who has to make an excruciating decision whether to call social services. This sets off the chain of events that causes fractures in their friendship group as well as nearly destroying their families. Here, Diane and Jo tell us more…

What attracted you to this role?

Diane: Being a mum myself, I had a lot of sympathy for Jess. I could empathise and understand where she was coming from and the absurdity of the situation she finds herself in. I have one kid, and I can't even imagine how hard it must be for Jess to juggle three – it must take a huge toll on her relationship. On top of that it was a gripping story, so I was very intrigued. I have always loved the idea of working on a long-format project as I've mostly worked on movies, and I think a lot of times, the characters – especially the female roles – aren't fully developed. So, in this instance, it just felt very authentic, it was something that I related to and was also a story worth telling.

Jo: I really liked Liz and could identify with her character. I loved the fact she was part of a truly equal relationship and was devoted to her career as well as her family. She's very honest, says it how it is and is also incredibly down to earth. This series is based on the novel of the same name by bestselling author Sarah Vaughan – and what we definitely took on board is how she is described as dressing for practicality and not to be deemed 'sexy'. She couldn't care less about that. All of it really spoke to me, as did her dark sense of humour.

The show is very honest about some of the issues that having children can bring as well as looking at the complexities of female friendship. Was exploring these themes important to you?

Diane: Yes, I believe women put a lot of pressure on themselves and can be their own harshest critic. Whether it's breastfeeding – how long do you do it for? What if you can't? Is it affecting my kids? – or the judgment from other mothers on how you are raising your children. It can all be very intense, so I think the more we tell stories that show the struggles people go through the better. And it's not just mothers, it's the fathers too – which was another thing that felt real about the show; it portrayed the problems within relationships too.

Jo: Oh yes, absolutely. Whilst we were shooting, one of my closest friends Zoë Henry put a pic on her Instagram of a long weekend away she was on with five NCT mates who she'd known for 20 years! So, friendships like these do happen. One of the moments I loved in the script is when we meet the four women at the NCT class, and they go around the circle telling everyone their birthing plan. It's just such an excellent way to define their characters in one scene. Jess says how she wants a hypno-birth in water and no medication, and my character Liz says she just doesn't want to die! It was the most perfect way of summing them up.

Every parent's worst nightmare comes true for Jess and her husband Ed (played by JJ Feild)

Shelley Conn is stuck in the middle of the friendship drama

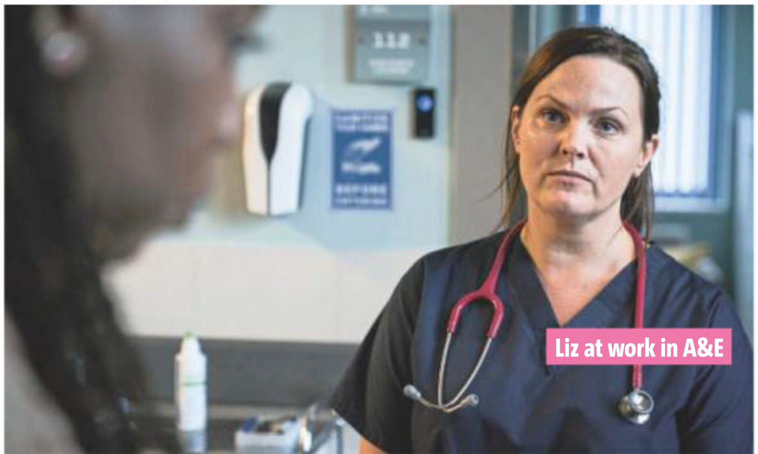
Due to what happens, there are times when it feels like Jess is living a nightmare – was it exhausting to act out?

Diane: It was draining and difficult to get into, for sure, but – and I know this might sound crazy – it was also kind of therapeutic to get to act out. I think all women have extreme thoughts to a certain extent when they become a mother so while it was scary to voice them – something, obviously, you would never want to do in real life – I got to let some really dark moments out, and then go home and think, *Thank goodness that did not happen to me*.

Do you agree that motherhood can be overwhelmingly tough but also rewarding?

Jo: I have twins so I get that for sure! When you have children, it can be lonely and exhausting but at the same time, you are completely in awe and besotted with them. I was also lucky and grateful to have another pair of hands and be part of a team with my husband – I don't know how single parents do it. I also have a huge amount of empathy for anyone that goes through postnatal depression or anxiety, because I just can't imagine how unbearably sad that is. I was really lucky to have had a smooth emotional journey.

● *Little Disasters, Thursday 22 May, Paramount+*



Liz at work in A&E

By Cecile Metcalf, **Pictures** Paramount+

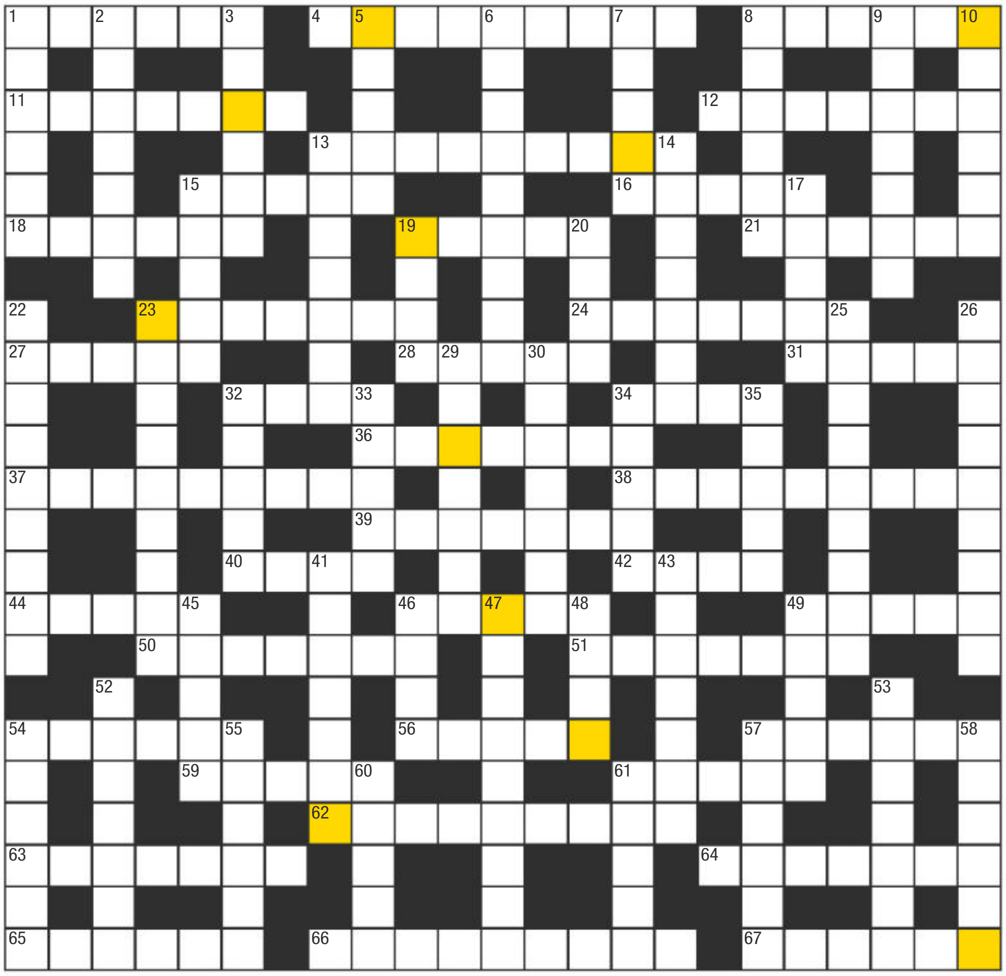
Puzzles

YOU could be in with a chance of winning £200

PRIZE crossword

WIN £200

Solve the crossword to find, reading from top to bottom in the shaded squares, the name of a football pundit. This is your competition entry answer. See the 'How to enter' panel, below right.



Across

1 - - - Miller, British actress and star of *Horizon: An American Saga* (6)
4 Woollen garment that covers the head and neck with holes for the eyes and mouth (9)
8 Prehistoric remains found in a rock (6)
11 Reach a levelling-off period (7)
12 Mixed with a spoon (7)
13 Type of pen, anagram of PLAIN BOLT (9)
15 Capital of France (5)

50 Across

16 Mistake (5)
18 Hair curler (6)
19 Spooky film by M Night Shyamalan starring Bruce Willis, *The Sixth* - - - (5)
21 Wise advisor (6)
23 Port in northern Germany associated with the Beatles (7)
24 Geographical area that includes Polynesia and Melanesia (7)
27 Polite, courteous (5)
28 Bottomless pit (5)
31 Segment of garlic (5)
32 Comedy game show with Jimmy Carr, *8 Out Of 10 - - - Does Countdown* (4)
34 Chair, eg (4)
36 Par for the course (7)
37 Real-life cardinal and Louis XIII's chief minister portrayed as the main villain in *The Three Musketeers* (9)
38 Key worker in the security industry! (9)
39 Admit, or surrender (7)
40 Saying, 'Don't cut off your - - - to spite your face' (4)
42 Front of the lower leg (4)
44 Vote into power (5)
46 Exam mark (5)
49 Decompression sickness, the - - - (5)
50 - - - Branagh, actor who has played Hercule Poirot in three films, pictured left (7)
51 Fairground ride with spinning cars (7)
54 Poem of 14 lines (6)
56 Glowing coal (5)
57 Finickety type (6)
59 Internet bully (5)
61 Accounts inspection (5)
62 Christian sacrament with bread and wine (9)
63 Nightfall (7)
64 Marriage (7)
65 Stoat-like animal (6)
66 Unfairness (9)
67 Sweet substance collected by bees to make into honey (6)

Down

1 Late meal (6)
2 Instance (7)
3 James Cameron blockbuster set on the moon of Pandora (6)
5 Book of maps (5)
6 Woodworking (9)
7 Author of *Around The World In Eighty Days*, Jules - - - (5)
8 Depth measure equal to six feet (6)
9 *Money For Nothing* band, Dire - - - (7)
10 Vertical run in a pair of tights (6)
13 Digestive, eg (7)
14 Circus swing (7)
15 Colourful part of a tulip or rose, eg (5)
17 Ancient artefact (5)
19 Epic story (4)
20 Greek god of love (4)
22 Stella - - -, fashion designer, pictured below right (9)
23 British film director nicknamed 'the Master of Suspense', Alfred - - - (9)
25 Person's former school or university (4,5)
26 Luxury apartment on the top floor (9)
29 TV impressionist, Rory - - - (7)
30 Edible marine plant (7)
32 Punctuation mark (5)
33 Tomato - - -, ketchup (5)
34 Monica - - -, tennis champion and former world no 1 (5)
35 Voucher (5)
41 Spire (7)
43 Large flatfish (7)
45 Christopher Nolan film starring John David Washington (5)
46 Clarified butter used in Indian cuisine (4)
47 New Zealand's national rugby union team (3,6)
48 Pitcher (4)
49 *Raspberry - - -*, Prince song (5)
52 Aerial (7)
53 Faint (4,3)
54 Playground staple (6)
55 Gardening tool (6)
57 Trafalgar Square bird? (6)
58 Oil transporter (6)
60 Flower, or a French mystery thriller streaming on Netflix (5)
61 Savoury meat jelly (5)

22 Down

Crossword Neil Locker. **Pictures** Shutterstock

COMPETITION AND GIVEAWAY RULES Competitions open to residents of the UK (including Channel Islands and the Isle of Man), Eire or BFPOs, aged 18 or over, except Bauer Media employees, its affiliated companies, any promotional partners, or their families and anyone connected with the competitions. Enter by text, online or phone. No purchase necessary. Answers must be the product of own work. Unless expressly stated, travel expenses and spending money is not included. There is no cash alternative to prizes and no alternative holidays can be offered. Prizes are not transferable. No responsibility can be accepted for entries that are delayed, damaged, mislaid or wrongly delivered, or for any loss in service of the online entry mechanism or for entries lost, delayed or corrupted due to computer error in transit. Only one entry per person. A winning entry is the first correct answer drawn after the closing date. For a free entry, enter online at bellamagazine.co.uk. Prizewinners will be notified by post on headed paper or by official email. The results are published. Winners must agree to the publication of their names, age and photos. The Editor's decision is final and no correspondence can be entered into. Your information will only be used to administer promotions in accordance with our privacy policy. Entry implies acceptance of these rules. Promoter: H Bauer Publishing. Full T&Cs can be found at bauerlegal.co.uk/competition-terms.html

Sudoku

Fill in the blank squares with the numbers 1 to 9 so that each row, each column and each smaller 3x3 block contains all the numbers from 1 to 9.

EASY

		5	3		4	1		
1	4		2		6		3	9
2				1				6
6		9	5		7	4		1
3				2				7
4	7		1		2		8	3
		1	8		3	6		

HARD

	9	7	3		8	1	6	
	8		6		9		2	
5								4
3			4		1			7
2								1
	5		9		6		3	
	2	3	7		4	9	1	

Take A Break Sudoku magazine, containing over 80 fun-to-solve puzzles, is on sale now.

PRIZE Arrowword

WIN £200

Solve the clues, writing your answers in the directions shown by the arrows, to reveal, reading down the shaded squares, a pastime Russell Crowe likes to partake in, to while away long hours on film sets between takes. This is your competition entry answer. See the 'How to enter' panel below.

Starchy pudding ingredient	▼	Give a new title to	Casserole-like dish	▼	Able to withstand pressure	Ice shelter	▼	*American Pie* singer, Don ---	▼	Welcomes	Garment arms	Pasta tubes	▼	Colorant
Deadly poison	►	▼	▼			▼		(Of a voice) Hoarse	►		▼	▼		Children
As Good As It ---, film	►				Adhesive	►				Welsh emblem	►			🟨▼
►								Flat, or equal	►				Tehran's country	
Very lazy (4,4)	Piercing tool	►			Hop-drying kiln	►				Author, --- Blyton	►	🟨	▼	
Farm birds	Wore away		Press (clothes)	🟨►				Chops off	►					
►	▼				Russell Crowe					Utilising		Speck, jot		Strong wind
Short piece of choral music		Kolkata saint, Mother ---	*Frozen* queen							►		▼		▼
►		🟨▼	▼							Relating to birth	Out in front		Tiny particle	
Costa --- Sol, resort	►			Pixie-like						►	▼		▼	
Irish Gaelic	►			▼						Detest	►		🟨	
►										Be undecided		Boyzone singer, --- Keating		Not drunk!
Perfect	Female horse		Steep rock		As well	▼	Wound made by a wasp	Student lodgings?	--- up, prepares for exercise	▼►		▼		▼
►	▼		▼	🟨	▼			▼	Fuss, bother	►			Wedding words (1,2)	
Starved and thin		Marine charity (inits)	►				Channel 3? (1,1,1)	►			Pen tip	🟨►	▼	
►				Passionate kiss	►				Elude	►				
Opera solo		Sailor's drink	►			🟨	Knight's address?	►			And not	►		

SOLUTIONS

Sudoku solutions can be found online now at bellamagazine.co.uk

ISSUE 17
PRIZE ANSWERS
Crossword
Seth Rogen
Arrowword
Stockport

Full solutions to this week's prize puzzles can be found at bellamagazine.co.uk after the closing date: 26 May 2025

HOW TO ENTER THE PRIZE COMPETITIONS

BY PHONE: 0901 130 0237

When asked for the issue number, key in 19. Calls cost 50p per call, plus your network access charge. (UK readers only.) You must be 18 or over and have the bill payer's permission.

BY TEXT: 65115

Text BEL19 then a space followed by your name, house number or name, your postcode, then your answer(s), all separated by a space, to 65115, eg Jane Smith 10 SL5 9JN Answer(s). Texts cost 50p plus your standard network rate. Keep texts under 160 characters or you may be charged for more than one text.

- If you enter after the closing date, you will not be entered but may be charged. Not available in Eire. Please ensure your entry is completed correctly, as incorrect entries may be charged but not entered. This is not a subscription service.
- **You are automatically consenting to receive further communications about these competitions from us via SMS text. You can opt out of this at any time by texting STOP to 65115.** This will be charged at your standard network rate, but you will need to do this each time you enter the competition by text. Your personal data will (regardless of whether you opt out) always be used to process your entry. For further information, see general terms and privacy policy at Bauerdatapromise.co.uk.
- Lines close at 11.59pm on 26 May 2025.

Phone UK SP: Spoke (0333 202 3390). Text SP: Bauer Media. Email smshelp@bauermedia.co.uk or call 0330 159 2525.

OR ENTER ONLINE:

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Bella
Bella
Welcome to Bella Magazine
WIN
£25
£25

Continued over the page...

Puzzles contin

BITS & PIECES

We've taken a completed crossword puzzle and cut it up to give 24 pieces. Your task is to rebuild the puzzle with the help of the piece that we've already placed in the grid.

G	R	U
I	■	S
C	L	E

Z	O	N
■	S	■
S	T	A

O	■	O
I	■	N
C	R	Y

R	O	N
V	■	E
E	T	■

C	A	N
A	■	I
R	■	G

S	■	P
W	E	R
E	■	U

■	P	■									
V	I	E									
■	R	■									

V	■	L
E	R	E
■	O	■

■	■	U
S	A	M
■	D	■

B	B	I
■	E	■
F	L	E

■	N	■
S	T	E
T	■	B

E	■	I
L	A	R
L	■	M

■	L	■
L	E	M
O	■	O

D	G	E
■	L	■
V	E	R

■	C	■
R	T	Y
I	■	■

V	■	H
E	N	T
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S	E	A
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■	E	■
U	R	A
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E	L	I
■	A	■
N	D	E

■	R	A
D	■	F
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■	O	■
Y	N	X
■	G	■

■	P	■
V	I	E
■	R	■

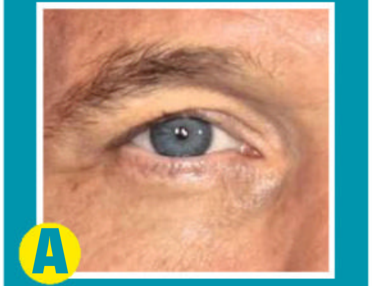
N	A	U
■	M	■
G	A	L

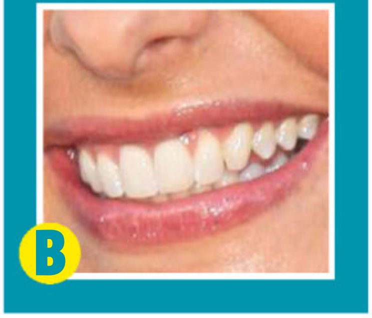
M	A	T
■	T	■
B	E	R

■	O	■
O	V	E
■	E	■

GUESS THE CELEB

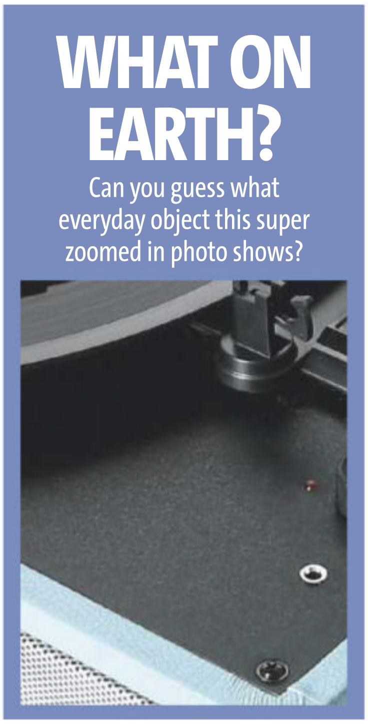
Can you name these stars by seeing close ups of their famous faces?





WHAT ON EARTH?

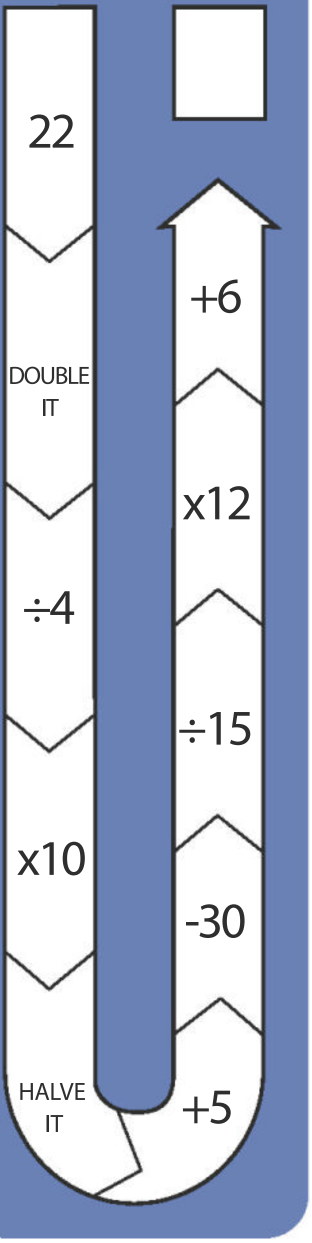
Can you guess what everyday object this super zoomed in photo shows?



ued...

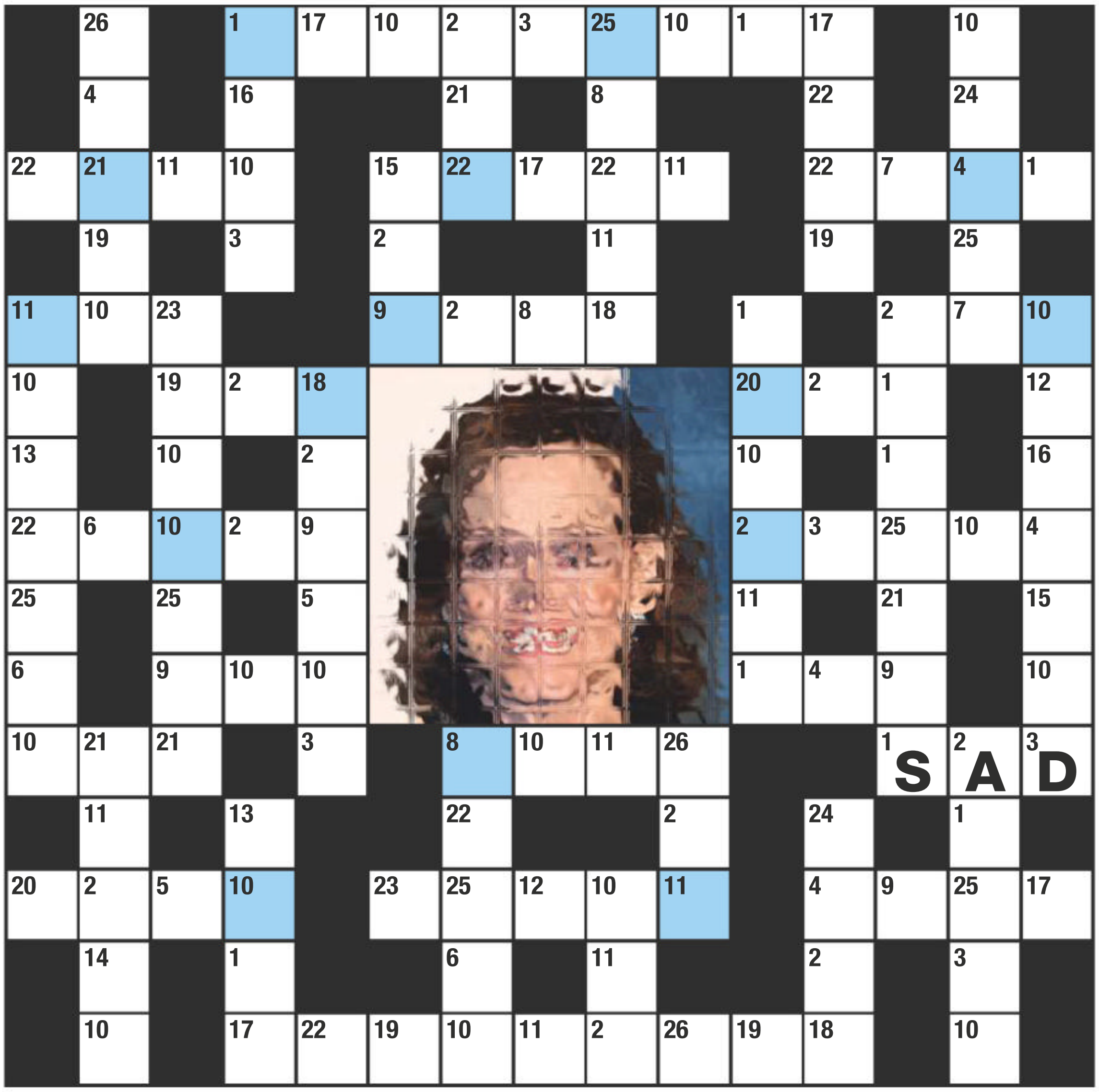
ROUND SUM

Work out the solution to the sum by following the instructions contained within the arrow.



CODEBREAKER

When you've solved this codebreaker, the identity of our disguised celebrity will be revealed in the shaded squares. Then, the same code will help you complete the lower grid and read a mystery fact about them.



■	26	■	1	17	10	2	3	25	10	1	17	■	10	■
■	4	■	16	■	■	21	■	8	■	■	22	■	24	■
22	21	11	10	■	15	22	17	22	11	■	22	7	4	1
■	19	■	3	■	2	■	■	11	■	■	19	■	25	■
11	10	23	■	■	9	2	8	18	■	1	■	2	7	10
10	■	19	2	18						20	2	1	■	12
13	■	10	■	2						10	■	1	■	16
22	6	10	2	9						2	3	25	10	4
25	■	25	■	5						11	■	21	■	15
6	■	9	10	10						1	4	9	■	10
10	21	21	■	3	■	8	10	11	26	■	■	1 S	2 A	3 D
■	11	■	13	■	■	22	■	■	2	■	24	■	1	■
20	2	5	10	■	23	25	12	10	11	■	4	9	25	17
■	14	■	1	■	■	6	■	11	■	■	2	■	3	■
■	10	■	17	22	19	10	11	2	26	19	18	■	10	■

~~A~~ B C ~~D~~ E F G H I J
K L M N O P Q R ~~S~~
T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
S	A	D										
14	**15**	**16**	**17**	**18**	**19**	**20**	**21**	**22**	**23**	**24**	**25**	**26**

17	22	22	5	■	16	10	11	■	23	25	11	1	17	■	9	2	15	10	■	23	11	22	15
				■				■						■					■				

2	■	21	11	10	2	17	■	21	2	17	1	26	18	■	6	16	2	11	2	6	17	10	11
	■						■							■									

Pictures Shutterstock

Continued over the page...

QUICK OFF THE BARK

Sink your canines into this search all about dog breeds.

L	L	E	L	K	H	O	U	N	D	E	Y	O	M	A	S	L	I	X
G	H	E	A	V	M	K	F	A	U	H	A	U	H	I	H	C	Y	D
D	R	A	I	R	B	Z	T	I	P	S	H	S	I	N	N	I	F	H
B	P	I	S	N	A	N	S	N	U	R	W	C	T	J	E	Q	D	G
C	N	S	F	A	A	M	D	A	E	A	Z	U	T	S	N	R	N	E
T	O	M	O	F	A	P	L	R	R	H	L	A	B	R	A	D	O	R
D	A	S	T	L	O	P	S	E	T	R	C	C	E	N	D	L	G	D
H	E	I	T	P	A	N	S	M	N	T	E	W	R	B	T	L	I	R
S	H	E	E	P	D	O	G	O	E	O	B	E	O	U	A	R	D	U
E	S	S	R	O	Y	T	R	P	N	A	B	R	R	L	E	T	N	O
E	S	R	H	H	I	C	P	N	F	T	O	A	E	L	R	G	U	P
M	D	L	O	K	O	I	I	S	S	T	E	I	I	T	G	A	O	V
C	H	U	U	R	H	U	I	E	N	D	O	E	R	E	N	T	H	S
A	B	L	N	W	B	B	N	P	K	N	W	L	R	R	O	I	X	A
L	A	R	D	I	R	T	L	D	E	T	U	R	E	R	I	Y	O	S
S	S	H	E	L	T	I	E	O	T	M	A	S	T	I	F	F	F	P
A	E	W	M	T	G	L	C	O	O	A	W	O	X	E	D	N	T	E
T	N	A	I	L	R	S	R	F	I	D	O	R	O	R	C	H	I	K
I	J	R	P	A	P	I	L	L	O	N	H	S	F	P	N	O	E	I
A	I	D	N	O	H	S	E	E	K	I	C	O	T	D	A	L	M	N
N	G	A	E	S	R	U	B	V	I	N	W	B	U	L	L	D	O	G
S	C	H	I	P	P	E	R	K	E	C	O	E	O	N	I	A	T	E
E	N	S	C	H	N	A	U	Z	E	R	H	S	L	O	D	R	U	S
D	T	E	E	S	I	R	F	N	O	H	C	I	B	Y	A	V	H	E

ALSATIAN
BASENJI
BICHON FRISE
BLOODHOUND
BRIARD
BULL TERRIER
BULLDOG
CHIHUAHUA
CHOW-CHOW
DEERHOUND
ELKHOUND
FINNISH SPITZ
FOX TERRIER
FOXHOUND
GREAT DANE
GRIFFON
KEESHOND
LABRADOR
LHASA APSO
LOWCHEN
MALTESE
MASTIFF
OTTERHOUND
PAPILLON
PEKINGESE
POINTER
POMERANIAN
RETRIEVER
ROTTWEILER
SALUKI
SAMOYED
SCHIPPERKE
SCHNAUZER
SHEEPDOG
SHELTIE
SPANIEL
ST BERNARD
WHIPPET

ued...

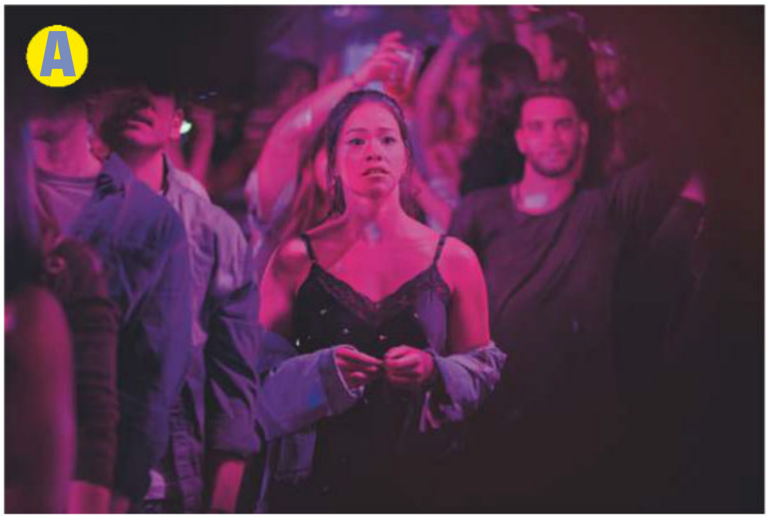
KILLER SUDOKU

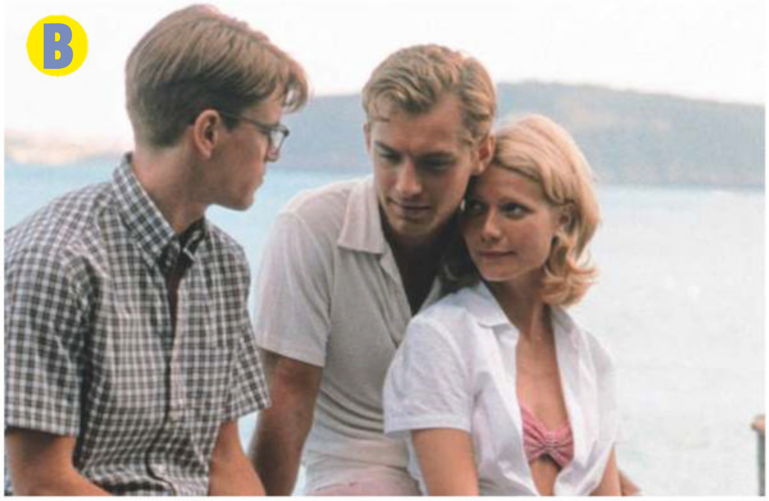
Killer Sudoku is based on the traditional sudoku grid and every column, every row and every 3x3 box must contain the digits 1 to 9. But there's a twist – the dotted squares must be filled with numbers that add up to that in the left corner.

12		12	7	2	6	4		5
8	8		12		7		16	
		18	4		9	8	13	15
6			8	7	4			
17	17			14			11	
		17		17				13
		3	12	4		20	10	
9				13				
5	12			9	7		4	

GUESS THE MOVIE

Can you name these famous films from looking at just one scene?





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THIS WEEK'S SOLUTIONS

BITS & PIECES

	P		S		P	E	L	I	C	A	N
V	I	E	W	E	R		A		A		I
	R		E		U	N	D	E	R		G
M	A	T	R	O	N		L		V		H
	T		V		E	L	E	M	E	N	T
B	E	R	E	T		O		O		E	
		U		E		G	R	U	D	G	E
S	A	M	U	R	A	I		S		L	
	D			S		C	L	E	V	E	R
N	A	U	S	E	A		O			C	
	M		O		P	O	V	E	R	T	Y
G	A	L	L	O	P		E		I		
	N		V		L		R	A	B	B	I
S	T	E	E	R	E	D		F		E	
T		B		O		W	A	F	F	L	E
O		O	Z	O	N	E		I		O	
I		N		S		L	A	R	Y	N	X
C	R	Y	S	T	A	L		M		G	

GUESS THE CELEB

A Neil Patrick Harris
B Sarah Michelle Geller

WHAT ON EARTH?

Record player

ROUND SUM

30

CODEBREAKER

1	2	3	4	5	6	7	8	9	10	11	12	13
S	A	D	U	K	C	P	V	N	E	R	X	J
14	15	16	17	18	19	20	21	22	23	24	25	26
Z	M	H	T	Y	L	W	G	O	F	Q	I	B

	B		S	T	E	A	D	I	E	S	T		E	
	U		H			G		V			O		Q	
O	G	R	E		M	O	T	O	R		O	P	U	S
	L		D		A			R			L		I	
R	E	F			N	A	V	Y		S		A	P	E
E		L	A	Y						W	A	S		X
J		E		A						E		S		H
O	C	E	A	N						A	D	I	E	U
I		I		K						R		G		M
C		N	E	E						S	U	N		E
E	G	G		D		V	E	R	B			S	A	D
	R		J			O			A		Q		S	
W	A	K	E		F	I	X	E	R		U	N	I	T
	Z		S			C		R			A		D	
	E		T	O	L	E	R	A	B	L	Y		E	

Celebrity Sigourney Weaver **Fact** Took her first name from a Great Gatsby character.

WORDSEARCH

L	L	E	L	K	H	O	U	N	D	E	Y	O	M	A	S	L	I	X
G	H	E	A	V	M	K	F	A	U	H	A	U	H	I	H	C	Y	D
D	R	A	I	R	B	Z	T	I	P	S	H	S	I	N	N	I	F	H
B	P	I	S	N	A	N	S	N	U	R	W	C	T	J	E	Q	D	G
C	N	S	F	A	A	M	D	A	E	A	Z	U	T	S	N	R	N	E
T	O	M	O	F	A	P	L	R	R	H	L	A	B	R	A	D	O	R
D	A	S	T	L	O	P	S	E	T	R	C	C	E	N	D	L	G	D
H	E	I	T	P	A	N	S	M	N	T	E	W	R	B	T	L	I	R
S	H	E	E	P	D	O	G	O	E	O	B	E	O	U	A	R	D	U
E	S	S	R	O	Y	T	R	P	N	A	B	R	R	L	E	T	N	O
E	S	R	H	H	I	C	P	N	F	T	O	A	E	L	R	G	U	P
M	D	L	O	K	O	I	I	S	S	T	E	I	I	T	G	A	O	V
C	H	U	U	R	H	U	I	E	N	D	O	E	R	E	N	T	H	S
A	B	L	N	W	B	B	N	P	K	N	W	L	R	R	O	I	X	A
L	A	R	D	I	R	T	L	D	E	T	U	R	E	R	I	Y	O	S
S	S	H	E	L	T	I	E	O	T	M	A	S	T	I	F	F	F	P
A	E	W	M	T	G	L	C	O	O	A	W	O	X	E	D	N	T	E
T	N	A	I	L	R	S	R	F	I	D	O	R	O	R	C	H	I	K
I	J	R	P	A	P	I	L	L	O	N	H	S	F	P	N	O	E	I
A	I	D	N	O	H	S	E	E	K	I	C	O	T	D	A	L	M	N
N	G	A	E	S	R	U	B	V	I	N	W	B	U	L	L	D	O	G
S	C	H	I	P	P	E	R	K	E	C	O	E	O	N	I	A	T	E
E	N	S	C	H	N	A	U	Z	E	R	H	S	L	O	D	R	U	S
D	T	E	E	S	I	R	F	N	O	H	C	I	B	Y	A	V	H	E

KILLER SUDOKU

8	4	9	7	2	6	1	3	5
6	1	3	8	4	5	2	7	9
2	7	5	1	3	9	8	4	6
4	2	6	5	7	1	3	9	8
9	5	7	3	8	2	4	6	1
1	3	8	9	6	4	7	5	2
7	9	2	6	1	3	5	8	4
3	6	1	4	5	8	9	2	7
5	8	4	2	9	7	6	1	3

GUESS THE MOVIE

A Someone Great
B The Talented Mr. Ripley

*NB for Prize Puzzles information, see page 53

SOAP ICONS: THEN & NOW

What have these stars been up to since leaving the telly?

By Sarah O'Byrne, **Pictures** EROTEME, BACKGRID, Instagram

TRACY SHAW

Tracy played the iconic *Corrie* hairdresser Maxine Peacock from 1995 to 2003. The 51-year-old has continued to act and even had a short-lived pop career in the late '90s.

STEVE ARNOLD

Steve, 50, played butcher Ashley Peacock in *Coronation Street* for fifteen years, but he has since decided to try his hand at the real thing and now works as a meat trader at Bennett's of Yorkshire Quality Butchers in Leeds.

JACK RYDER

Jack played Jamie Mitchell on *EastEnders* from 1998 to 2002. Since leaving the soap, the now 43-year-old has starred in and directed numerous stage productions and short films, and even moved into writing children's books.

ADELE SILVA

Best known for her portrayal of Kelly Windsor in the ITV soap opera *Emmerdale*, Adele, now 44, also appeared in rival soaps *Hollyoaks* and *EastEnders*. She is now working as a teacher at the National Film and Television School.

CHARLIE CLEMENTS

Charlie won numerous awards for his portrayal of Bradley Branning in *EastEnders* between 2006 and 2010. Now, the 37-year-old father-of-three spends his days golfing and taking care of his adorable pup, Mabel.

GEMMA MERNA

Since leaving behind the character of Carmel McQueen on *Hollyoaks*, Gemma, 41, briefly moved onto another familiar soap as Rebecca in *Coronation Street*. She now works full time as a wellness coach, hypnotherapist and personal trainer.

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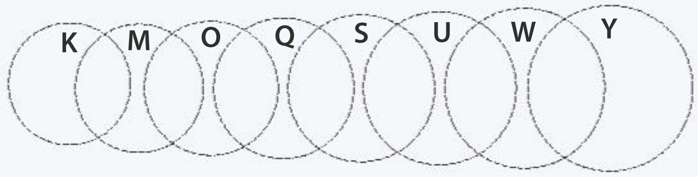

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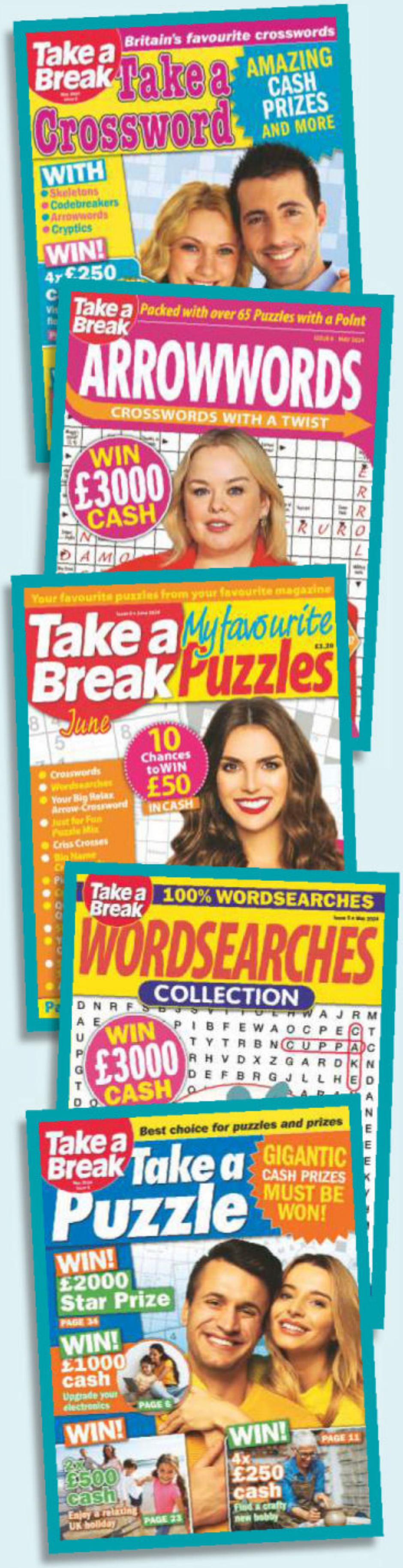
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